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MAY/JUNE 2017

Party-
Perfect
**Grain
Salads**

How
to Eat
for a
**Sharp
Mind**

NATURALLY
SWEET
FRUIT
DESSERTS

**EAT
MORE
VEG!**
31 DELICIOUS
WAYS

+ **ONE FOOD YOU SHOULD EAT EVERY DAY**

PAGE 44

Avocados 101

A little extra attention goes a long way. Learn the art of the avocado and enjoy this tasty treat year-round.

Pick the right one.

A few moments in the store will ensure that your avocados are ready to eat whenever you are.

Firmness

When testing for ripeness, gently squeeze the avocado in the palm of your hand. If the avocado yields to a little pressure, then it's fiesta time!

Color

Some rely on the darkening color of the fruit as a cue of ripeness. But don't be fooled. If the avocado is dark and still firm, then it's not ripe or ready to eat.



Keep it fresh.

Saving some for later? Here are three quick ways to make it last.



Olive oil

Lightly brushing olive oil onto the flesh of the fruit can help prevent oxidation – keeping your avocado halves delicioso.



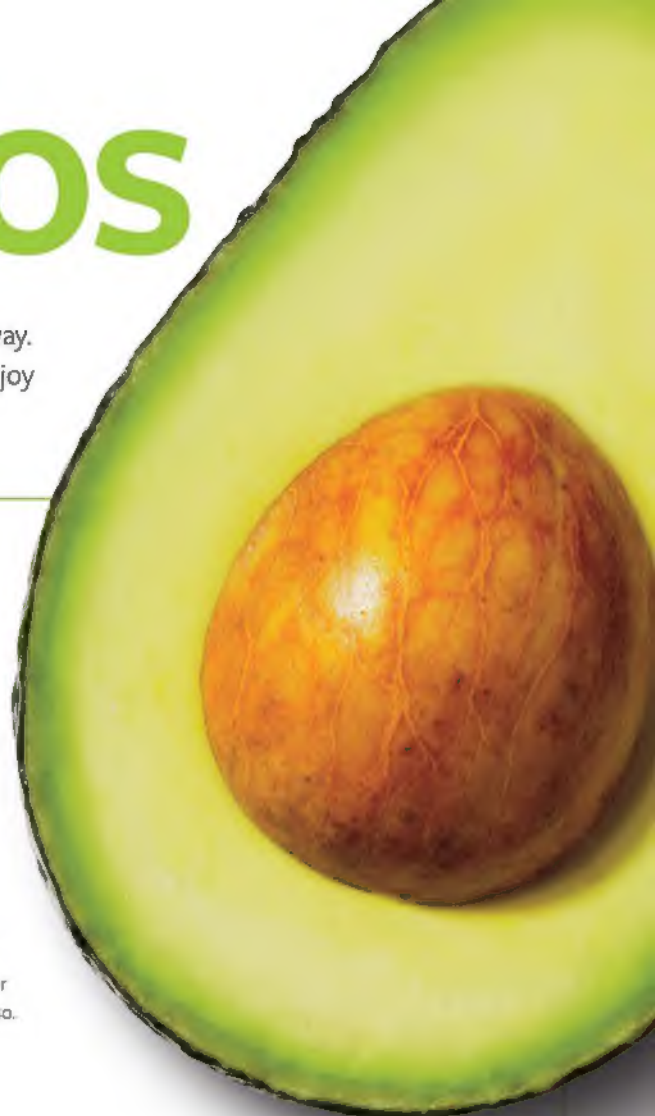
Lemon juice

Squeezing a little lemon juice onto the flesh of the avocado will keep it fresh longer.



Tight seal

Tightly cover the avocado half with clear plastic wrap. Press the wrap directly onto the flesh to limit the amount of surface area exposed to the air.



Speed it up.

Put the avocado in a paper bag with a banana or an apple to speed up the ripening process.

Take control.

Give your avocado the help it needs to reach "just ripe."

Slow it down.

Refrigeration can slow down the ripening process. If the avocado hasn't been opened, it can chill out in the fridge for 2-3 days.



Find more avocado know-how, recipes and inspiration at AvocadosFromMexico.com

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BY SUSAN PUCKETT

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Turns out what you eat may have a huge impact on your mind. Scientists are now discovering that it's never too early to start making smarter choices to stay sharp as a tack.

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Eat More Veg!

Vegetables are coming into season so fast it's hard to keep track. That means it's time for our annual Eat More Veg Challenge. Six star chefs share their most inspiring recipes for the occasion.

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— JENNIFER FREEMAN, Natural Balance®
Registered Veterinary Technician and her
German Shorthaired Pointer, Riley

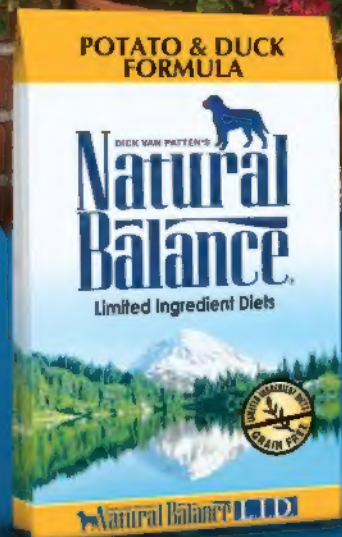


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My no-fuss answer to cooking up the haul from the farmers' market: Toss vegetables with olive oil, salt and pepper. Grill until crisp-tender. Drizzle with vinaigrette made with minced shallot and plenty of fresh herbs. Pile leftovers on crusty baguette with melted fontina or fresh mozzarella for lunch the next day.



I ♥ Vegetables!

If you've read *EatingWell* for a while, you know this: I want you to be as excited about eating vegetables as I am! I want your picky husband or wife or kids to eat more vegetables too. Chances are, many of you are right there with me, total vegetable fanatics.

This issue marks our second annual Eat More Veg! challenge (page 54). This year we've teamed up with Recipe for Success, a nonprofit dedicated to ending childhood obesity. When I first spoke with their founder and president, Gracie Cavnar, I immediately wanted *EatingWell* to get involved. Gracie is a bundle of optimism, with a dash of Pied Piper. During our first chat, Gracie told me how she had become outraged about the junk food in the vending machines at the public schools around Houston. That was the spark that led her to launch Recipe for Success back in 2005, with a curriculum to teach kids how to eat well from seed to plate. Today that curriculum is available

to schools nationwide.

More recently, Recipe for Success built Hope Farms, an urban farm on 7½ acres in the historic Sunnyside neighborhood of Houston. The goal is twofold: to provide a source of locally grown, healthy food in a neighborhood considered a food desert and also to provide veterans with jobs and training.

I have big admiration for all of Recipe for Success's efforts, but I knew I'd found a way *EatingWell* could support them when I heard about the VegOut! app they created to get kids excited about vegetables. The idea is this: you download the app, invite friends, family, co-workers, schoolmates, etc. to join, then track the different vegetables you eat to see how you rank against other players. In other words, it gives you extra incentive to notch up your vegetable game. Our whole editorial team will be playing along using VegOut! this June, and we want to invite you, and everyone else for that matter, to

join as well. Best of all, when you join the challenge and use the VegOut! app you'll have the chance to get sponsors to raise money to bring Recipe for Success to a school in your neighborhood.

These pages are packed with 31 different vegetable-forward recipes, ranging from Chipotle-Lime Cauliflower Tacos (page 10) to Grilled Corn & Carrot Giardiniera from star chef Stephanie Izard (page 56). Once you've cooked through the magazine, join us on *EatingWell.com* and Facebook, where we'll be posting new vegetable recipes, tips and videos each day in June. If that's not enough, just look around. It is the beginning of summer, after all—delicious inspiration is everywhere you turn. 🌱



JESSIE PRICE
EDITOR@EATINGWELL.COM



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Sunrise Bellini

1 CHEERS TO BRUNCH
Raise a Bellini to Banana Bread French Toast and more lighter takes on brunch classics. EatingWell.com/brunch

2 SPIRALIZED EVERYTHING
It's fun to eat more veg with our tasty spiralized recipes, such as Shrimp Piccata with Zucchini Noodles. EatingWell.com/spiralize

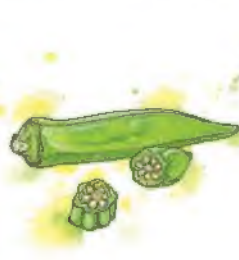
3 SALAD A DAY
Step up your salad game with fresh ideas, from Mediterranean Cucumber Salad to 8-Layer Taco Salad. EatingWell.com/saladaday

THE BIG QUESTION

How do you cook your favorite vegetable?



“Aubergine, halved, roasted with olive oil for 30 mins. Top with goat cheese, garlic, rosemary and tomatoes. Roast 15 minutes more.”
■ Pauline Mullens



“Okra pan-fried with Indian spices (cumin seeds, salt and red chile pepper). Very simple and tasty.”
■ Madhavi Prasad



“I spiralize daikon radishes into noodles for pho, pad Thai and dan dan noodle dishes. The noodles soak up flavor like a sponge.”
■ Brianna Camarda



“Spinach sautéed with coconut oil, sliced shallots and S&P. Sprinkle with yuzu hot sauce for brightness and spice when served.”
■ Emily Sullivan



“I hope my food inspires people to step out of their comfort zone.”

—Linda Schneider

FOLLOW NOW

Wild Greens & Sardines

Bored with her 9 to 5, Linda Schneider craved a creative outlet. She loved to travel, cook and buy unique ingredients. To combine all three, she started a food blog, *Wild Greens & Sardines*. Her delicious recipes are inspired by yearly travels to Europe (Greece in particular). And they feature unexpected ingredients like salsify, burdock, coffee flour and kaffir lime leaves (to name a few), because this Philadelphia-based cook likes to challenge herself in the kitchen. “I’m a curious person and love trying to figure out what to do with them,” she says. “My new find is applewood-smoked dulce (a type of seaweed). If you crisp it up in a pan in a little oil, it actually tastes like bacon! There’s a whole world of food out there.” —Lucy M. Casale

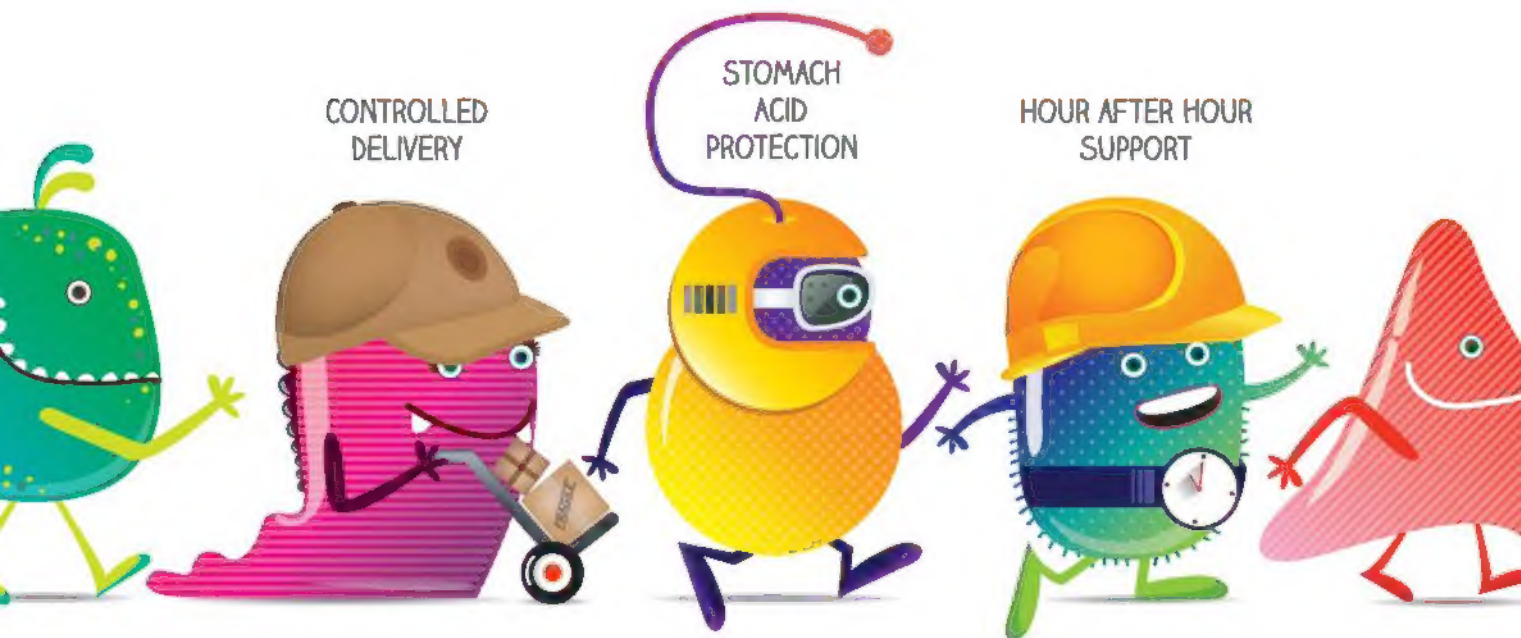
WIN!



This Wüsthof Classic Nakiri Vegetable Knife with Hollow Edge is the pick of our top chef, Editor-in-Chief Jessie Price. Enter for a chance to win on May 19 at EatingWell.com/NakiriKnife (entry details at right).

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EASY HEALTHY RECIPES

mosh

Get Twisted

We love to reinterpret the classics in the Test Kitchen. Turn the page to see how we make taco night Meatless Monday by stuffing tortillas with tangy roasted cauliflower. Then we tear down walls and give pita chips a nacho-like treatment with Middle Eastern flavors (see page 30). Thought breakfast sandwiches were always savory? See how we twist that idea on its head on page 37.

Chipotle-Lime Cauliflower Tacos



Trade in a pound of ground beef for cauliflower in your tacos and save about 1,800 gallons of water, per estimates from UNESCO-IHE, an international water-research institution in the Netherlands.

Chipotle-Lime Cauliflower Tacos

ACTIVE: 20 min, TOTAL: 40 min

Before roasting, we toss cauliflower with a smoky-tangy sauce made with lime juice and chipotles in adobo sauce for crowd-pleasing results.

- ¼ cup lime juice (from about 2 limes)
- 1-2 tablespoons chopped chipotles in adobo sauce
- 1 tablespoon honey
- 2 cloves garlic
- ½ teaspoon salt
- 1 small head cauliflower, cut into bite-size pieces (see page 100)
- 1 small red onion, halved and thinly sliced
- 1 15-ounce can refried black beans, warmed
- 8 corn tortillas, warmed
- ½ cup crumbled queso fresco or feta cheese

Sliced red cabbage, fresh cilantro, guacamole, jalapeño slices and/or lime wedges for serving

1. Preheat oven to 450°F. Line a large rimmed baking sheet with foil.
2. Combine lime juice, chipotles to taste, honey, garlic and salt in a blender. Process until mostly smooth. Place cauliflower in a large bowl, add the sauce and stir to coat. Transfer to the prepared baking sheet. Sprinkle onion on top.
3. Roast, stirring once, until the cauliflower is tender and browned in spots, 18 to 20 minutes.
4. Serve the vegetables and beans in tortillas, topped with cheese and garnished with cabbage, cilantro, guacamole, jalapeños and/or lime wedges.

SERVES 4; 2 tacos each

CAL 288 / FAT 7G (SAT 2G) / CHOL 11MG / CARBS 48G / TOTAL SUGARS 7G (ADDED 4G) / PROTEIN 12G / FIBER 11G / SODIUM 613MG / POTASSIUM 662MG

VEG OUT Find more meatless meals at eatingwell.com/webextra



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How We Go Fast



Prep School

Let someone else prep your collards—grab a bag of prechopped ones in the produce section.



Double Down

Steaming corn right on top of the collards saves time and dirties fewer pots.

Blackberry BBQ Pork Chops with Collards & Corn

ACTIVE: 30 min TOTAL: 30 min

Mashing blackberries with some pantry staples yields a finger-licking-good barbecue sauce for juicy pork chops.

- 1 tablespoon grapeseed or canola oil plus 2 teaspoons, divided
- 2 slices bacon, chopped
- 1 pound prechopped collard greens or kale (about 14 cups), tough stems removed
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 4 medium ears corn, husked and cut in half
- 1 tablespoon honey
- 2 teaspoons ketchup

- 1 teaspoon garlic powder
- 1 teaspoon cider vinegar
- 1 teaspoon finely grated fresh ginger
- ¾ cup fresh blackberries
- 4 boneless pork loin chops, 1-1½ inches thick (1-1½ pounds)

1. Position rack in upper third of oven; preheat broiler to high
2. Heat 1 tablespoon oil and bacon in a large pot over medium-high heat; cook, stirring often, until the bacon starts to brown, 1 to 2 minutes. Reduce heat to medium. Stir in collard greens (or kale) and ¼ teaspoon each salt and pepper. Cover and cook for 5 minutes. Stir the greens and place corn on top of them. Cover and cook until the corn is tender-crisp, about 5 minutes more. Set aside, covered
3. Meanwhile, combine honey, ketchup, garlic

powder, vinegar and ginger in a small bowl. Add blackberries and coarsely mash, stirring to combine.

4. Heat the remaining 2 teaspoons oil in a medium skillet over medium-high heat until hot but not smoking. Season pork chops with the remaining ¼ teaspoon each salt and pepper. Cook until browned on the bottom, 2 to 3 minutes. Turn the chops and top with the sauce.
5. Transfer the pan to the oven. Broil until an instant-read thermometer inserted in the center of a chop registers 145°F, 6 to 8 minutes. Serve the pork with the greens and corn.

SERVES 4: 1 pork chop, 1 cup greens & 2 pieces of corn each

CAL 408 / **FAT** 19G (SAT 5G) / **CHOL** 66MG / **CARBS** 34G / **TOTAL SUGARS** 13G (ADDED 5G) / **PROTEIN** 31G / **FIBER** 8G / **SODIUM** 517MG / **POTASSIUM** 887MG.

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Chicken & Sun-Dried Tomato Orzo

ACTIVE: 30 min TOTAL: 30 min

Artichokes, sun-dried tomatoes and Pecorino Romano cheese pack a flavorful punch in this rustic Italian-inspired dish.

- 8 ounces whole-wheat orzo
- 1 cup water
- ½ cup chopped sun-dried tomatoes (not packed in oil), divided
- 1 plum tomato, diced
- 1 clove garlic, peeled
- 3 teaspoons chopped fresh marjoram, divided
- 1 tablespoon red-wine vinegar
- 2 teaspoons extra-virgin olive oil plus 1 tablespoon, divided
- 4 boneless, skinless chicken breasts, trimmed (1-1½ pounds)
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 9-ounce package frozen artichoke hearts, thawed
- ½ cup shredded Pecorino Romano cheese, divided

1. Cook orzo according to package directions. Drain and rinse.
2. Meanwhile, place 1 cup water, ¼ cup sun-dried tomatoes, plum tomato, garlic, 2 teaspoons marjoram, vinegar and 2 teaspoons oil in a blender. Blend until just a few chunks remain.
3. Season chicken with salt and pepper. Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook, adjusting the heat as necessary, until no longer pink in the middle, 3 to 5 minutes per side. Transfer to a clean cutting board; tent with foil to keep warm.
4. Pour the tomato sauce into the pan and bring to a boil. Measure out ½ cup sauce into a small bowl. Add the remaining ¼ cup sun-dried tomatoes to the pan along with the orzo, artichoke hearts and 6 tablespoons cheese. Cook, stirring, until heated through, 1 to 2 minutes.
5. Slice the chicken. Serve the orzo topped with the chicken, sauce and the remaining cheese and marjoram.

SERVES 4: 3 oz. chicken & 1 cup orzo each

CAL 456 / **FAT** 12G (SAT 3G) / **CHOL** 70MG / **CARBS** 54G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 36G / **FIBER** 10G / **SODIUM** 377MG / **POTASSIUM** 785MG. 

EatingWell quick clean



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FOR THE LOVE OF LEAVES





Antipasto Salad

ACTIVE: 30 min TOTAL: 30 min

It's easy to turn the ingredients of the quintessential antipasto platter into a great big salad with the addition of leafy greens and other vegetables.

- ¾ cup extra-virgin olive oil
- 3 tablespoons red-wine vinegar
- ½ teaspoon dried oregano
- ½ teaspoon ground pepper

- 6 cups torn escarole
- 2 cups torn radicchio
- 1 pint cherry tomatoes, halved
- 1 15-ounce can no-salt-added chickpeas, rinsed
- ½ English cucumber, halved and sliced
- 1 cup sliced fennel
- ¾ cup diced fresh mozzarella (4 ounces)
- ½ cup chopped marinated artichoke hearts
- ½ cup sliced pepperoncini
- ½ cup halved and sliced radishes

- ½ cup sliced salami (2 ounces)
- ¼ cup sliced ripe black olives

Whisk oil, vinegar, oregano and pepper in a large bowl. Add escarole, radicchio, tomatoes, chickpeas, cucumber, fennel, mozzarella, artichoke hearts, pepperoncini, radishes, salami and olives. Toss to coat.

SERVES 5: about 3 cups each

CAL 324 / FAT 21G (SAT 6G) / CHOL 26MG / CARBS 22G
TOTAL SUGARS 4G (ADDED 0G) / PROTEIN 13G
FIBER 7G / SODIUM 581MG / POTASSIUM 717MG





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Main Grains

Eat the recommended 3 to 4 servings (½ cup each) of whole grains every day and you're likely to be thinner than your white-bread-loving friends, according to research published in the Journal of Nutrition. These produce-packed grain salads help you get there, deliciously. They're super-easy to make and a great addition to just about any summer potluck. Here's how to make them.

1. Make dressing.

Whisk ⅓ cup each **extra-virgin olive oil** and **Citrus Juice or Vinegar**, 2 Tbsp. minced **shallot**, ¾ tsp. **salt** and ½ tsp. **pepper** in a large bowl.

Citrus Juice

- LEMON
- LIME
- ORANGE

Vinegar

- BALSAMIC
- CIDER
- FRUIT
- RED-WINE, WHITE WINE OR RICE

2. Add grains.

You'll need 3 cups of cooked, cooled **Grains**. Follow the package instructions or see our Grain-Cooking Guide on page 100.

- BARLEY
- BULGUR
- WHOLE WHEAT COUSCOUS
- FARRO
- FREEKEH
- KAMUT
- MILLET
- QUINOA
- WHOLE-GRAIN RICE
- WILD RICE
- SORGHUM
- WHEAT BERRIES

Active 15 min Total 15 min
(not including grain cooking)
Serves 6: 1¼ cups each
Nutrition info: page 102



3. Pack in produce.

Pick at least two **Fruits** and/or **Vegetables** to add color and nutrients to your salad. You'll want 3 cups total of bite-size pieces.

Fruits

- APPLES
- BERRIES
- GRAPES

- MANGOES
- MELON
- PEARS

Vegetables

- ARTICHOKE HEARTS
- BROCCOLI
- CABBAGE
- CARROTS
- CELERY
- CORN
- CUCUMBERS

- FENNEL
- GREENS
- PEAS
- RADISHES
- SUMMER SQUASH & ZUCCHINI
- TOMATOES

4. Pick a protein.

Beans are particularly good in grain salads, but you can cut any cooked **Protein** into bite-size pieces. Aim for 2 cups. Or skip it and add more fruits/vegetables.

- BEANS
- CHICKEN
- EDAMAME
- PORK

- SCALLOPS
- SHRIMP
- STEAK
- TOFU

5. A final flourish.

Sprinkle with 1/4 cup **Garnish**. Think dried fruit (chopped if large), chopped fresh herbs, toasted nuts or seeds, or crumbled or shredded cheese.

Dried Fruit

- APRICOTS
- CRANBERRIES

- DATES
- RAISINS

Herbs

- BASIL
- CILANTRO
- DILL

- NORI
- PARSLEY

Nuts & Seeds*

- PEANUTS
- PINE NUTS
- PUMPKIN SEEDS

- SUNFLOWER SEEDS
- WALNUTS

Cheese

- BLUE CHEESE
- CHEDDAR

- FETA
- PARMESAN

A Broccoli, Edamame & Cabbage Millet Salad

white-wine vinegar + millet + broccoli + cabbage + edamame + dried apricots

B Shrimp, Zucchini & Tomato Sorghum Salad

cider vinegar + sorghum + cherry tomatoes + zucchini + shrimp + salted peanuts

C Tofu, Snow Pea & Carrot Wild Rice Salad

rice vinegar + wild rice + snow peas + carrots + seasoned baked tofu + nori

D Black Bean, Mango & Kale Wheat Berry Salad

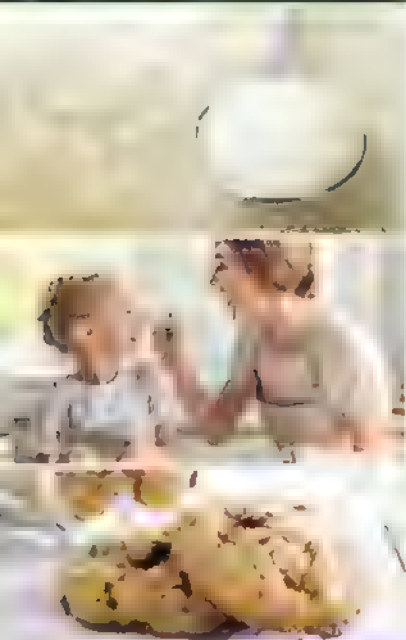
lime juice + wheat berries + mango + kale + black beans + sunflower seeds

E Chicken, Fennel & Grape Quinoa Salad

red-wine vinegar + red quinoa + grapes + fennel + chicken + pine nuts

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nosh DINNER IN 20

Grilled Chicken with Cucumber-Radish Salsa

ACTIVE: 20 min TOTAL: 20 min

A fresh salsa is a great way to dress up grilled chicken or any other meat for that matter. Mango would be a nice substitute for the cucumber.

- 2 tablespoons extra-virgin olive oil, divided
- ½ teaspoon ground coriander
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 4 "thin-cut" boneless, skinless chicken breasts or cutlets (4 ounces each), trimmed
- ½ cup finely diced seeded English cucumber
- ½ cup finely diced radishes
- ¼ cup finely chopped fresh mint
- 2 teaspoons rice vinegar

1. Preheat grill to medium-high.
2. Combine 1 tablespoon oil, coriander and ¼ teaspoon each salt and pepper in a small bowl. Brush on both sides of chicken.
3. Grill the chicken, turning once, until an instant-read thermometer inserted in the thickest part registers 165°F, 8 to 10 minutes total. (Alternatively, cook the chicken in a grill pan over medium to medium-high heat.)
4. Meanwhile, combine cucumber, radishes, mint and vinegar in a medium bowl with the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper. Serve with the chicken.

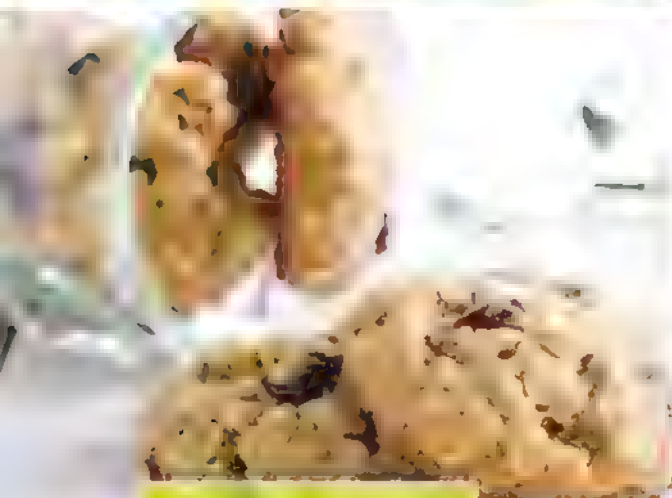
SERVES 4: 1 piece of chicken & ¼ cup salsa each

CAL 193 / FAT 10G (SAT 2G) / CHOL 63MG / CARBS 2G / TOTAL SUGARS 1G (ADDED 0G) / PROTEIN 23G / FIBER 1G / SODIUM 353MG / POTASSIUM 275MG



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ALL NATURAL
ALEXIA

All-natural
potatoes seasoned
with onion, garlic,
and sea salt.



nosh **EAT MORE VEG!**

Snap Pea & Cherry Tomato Stir-Fry

ACTIVE: 25 min TOTAL: 25 min

Serve this lightly spicy, colorful side with grilled shrimp or salmon. You can also use snow peas instead of snap peas or a mix of the two.

- 2 tablespoons reduced-sodium tamari
- 2 tablespoons rice vinegar
- 1 tablespoon toasted sesame seeds
- 2 teaspoons chile-garlic sauce
- 2 tablespoons toasted sesame oil
- 4 cups snap peas (about 12 ounces), trimmed
- 1 pint cherry or grape tomatoes
- $\frac{1}{8}$ teaspoon salt

Whisk tamari, vinegar, sesame seeds and chile-garlic sauce in a large bowl; set near the stove. Heat a large carbon-steel wok or large skillet over high heat until very hot. Swirl in oil and add snap peas and tomatoes. Sprinkle with salt and stir-fry until the peas are tender-crisp and the tomatoes have softened, 4 to 5 minutes. Add to the bowl and toss with the tamari mixture to combine.

SERVES 4: 1 cup each

CAL 127 / FAT 8G (SAT 1G) / CHOL 0MG / CARBS 11G /
TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 4G /
FIBER 3G / SODIUM 347MG / POTASSIUM 386MG.



CAROL K. GREGG/STYLING, STEVE HOSS/PHOTO, S. EMMETT/PHOTO



FARM TO *Flavor*

A perfectly seasoned
all-natural blend of sea salt,
onion, garlic, and pepper.





Hibachi Steak Salad

ACTIVE: 40 min TOTAL: 40 min

TO MAKE AHEAD: Refrigerate dressing (Step 4) for up to 3 days.

EQUIPMENT: Grill basket

Think of this as the Japanese steakhouse experience in salad form: we turned the dipping sauce for the steak into a dressing and added plenty of vegetables.

- 1-1½ pounds boneless strip steak (1-1½ inches thick), trimmed
- ½ teaspoon salt, divided
- ¼ teaspoon ground white pepper
- 2 medium summer squash and/or zucchini, cut into 2-inch pieces
- 1 medium onion, sliced
- 1 tablespoon toasted (dark) sesame oil plus 2 teaspoons, divided
- ⅓ cup mayonnaise
- 4 teaspoons rice vinegar
- 2 teaspoons reduced-sodium tamari
- 2 teaspoons ketchup
- 2 teaspoons grated fresh ginger
- 1¼ teaspoons sugar
- ¼ teaspoon garlic powder
- 8 cups chopped romaine lettuce

1. Place a grill basket (see Tip) on one half of a grill; preheat to medium-high.
2. Season steak with ¼ teaspoon salt and pepper. Toss summer squash and/or zucchini and onion in a large bowl with 1 tablespoon oil and the remaining ¼ teaspoon salt.
3. Transfer the vegetables to the grill basket. Cook, stirring once or twice, until tender and charred, 8 to 10 minutes. On the other side of the grill rack and grill the steak, turning once, 3 to 4 minutes per side for medium rare. Let rest on a clean cutting board for 5 minutes.
4. Meanwhile, combine mayonnaise, vinegar, tamari, ketchup, ginger, sugar, garlic powder and the remaining 2 teaspoons oil in a small bowl.
5. Arrange lettuce on a platter. Slice the steak into ½-inch-thick strips. Top the lettuce with the steak and vegetables. Serve with the dressing.

SERVES 4: about 3 cups each

CAL 376 / FAT 25G (SAT 5G) / CHOL 68MG / CARBS 13G / TOTAL SUGARS 8G (ADDED 2G) / PROTEIN 25G / FIBER 3G / SODIUM 609MG / POTASSIUM 594MG

GRILL GEAR

If you don't have a grilling basket yet, it's time to make it your summertime BFF. You can grill anything in it that might otherwise fall through the grates. Find one at a hardware store or online.



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Things You Should Never Ever Say at a Farmers' Market

BY KIMBERLY HARRINGTON

For those of us in Vermont, nothing is quite as satisfying as leaving behind a steady diet of root vegetables and winter bitterness to return to our bustling local farmers' markets. But before you start fondling the spring greens, be sure to brush up on your farmers' market etiquette! The last thing you want to do is offend the people who feed you—a lesson my kids seem to be actively avoiding.

Head out the door with your organic cotton totes, a fistful of small bills and this handy list of what not to say:

- "Ewww this has dirt on it. It's like it was grown in the GROUND or something."
- "Could I have a sample? And another sample? And some mustard? And a couple of pieces of bread? I'm basically asking you for a sandwich, I'm starving."
- "I'm going to let my kids choose all the produce today. They're probably not contagious anymore. Probably."
- "I'd like to purchase one single solitary tomato, but plan on touching and squeezing at least 43 of them along the way. Good with you?"
- "Ugh this stuff is so expensive! It's like I'm paying for your back-breaking labor, uncertainty about weather and soil conditions, and overall mission to scratch out a living working the earth to feed your community without so much as a day off."
- "Here is my dog. My dog lifts his leg on everything. What could possibly go wrong?"
- "I'm sure you won't mind if I leave my small children here at your stand while I go wait in an absurdly long line for a kale smoothie."
- "How do I know this is fresh? What kind of elaborate labor-intensive scam with little to no profit margin are you trying to run here?"
- "I'm just here to Instagram."

Kimberly Harrington is the co-founder and editor of the parenting humor website RAZED and a frequent contributor to McSweeney's. She lives in Vermont.



Pita Chip Nachos

ACTIVE: 30 min TOTAL: 30 min

Back from the farmers' market, Kimberly? These colorful nachos are definitely Insta-worthy. —Love, the EatingWell Test Kitchen

- 1 pound 90%-lean ground beef or lamb
- 4 cloves garlic, finely chopped, divided
- 2 teaspoons ground cumin
- 1½ teaspoons dried marjoram
- ½ teaspoon ground allspice
- ½ teaspoon salt, divided
- ½ cup whole-milk plain Greek yogurt
- 2 tablespoons lemon juice
- ¼ teaspoon ground pepper
- 4 cups whole-grain pita chips
- 2 cups chopped romaine lettuce
- 1 cup halved cherry tomatoes
- ¼ cup crumbled feta cheese
- ¼ cup chopped fresh mint
- ¼ cup slivered red onion

1. Cook beef or lamb in a large skillet over medium heat, crumbling with a wooden spoon, for 5 minutes. Add half the garlic; cook, stirring often, until the meat is no longer pink, 2 to 4 minutes more. Add cumin, marjoram, allspice and ¼ teaspoon salt; cook, stirring, for 30 seconds. Remove from heat.

2. Mash the remaining garlic and ¼ teaspoon salt with a fork to form a paste. Mix it with yogurt, lemon juice and pepper in a small bowl.

3. Divide pita chips among 4 dinner plates. Top with equal portions of the meat, lettuce, tomatoes, feta, mint and onion. Drizzle with the yogurt sauce.

SERVES 4: 2½ cups each

CAL 420 / FAT 21G (SAT 9G) / CHOL 87MG / CARBS 26G / TOTAL SUGARS 5G (ADDED 1G) / PROTEIN 31G / FIBER 3G / SODIUM 710MG / POTASSIUM 630MG.



Now that
we have your
attention

CAPRISUN

NO
NO
NO

CAPRISUN



SHELL GAME

A 3-oz. serving of mussels delivers 665 mg of heart-healthy omega-3s—about what you'd get from the same amount of albacore tuna.

Coconut-Curry Mussels

ACTIVE: 40 min TOTAL: 40 min

Serve with crusty whole-grain bread or brown-rice noodles to soak up the delectable sauce.

- 4 pounds mussels
- 1 tablespoon grapeseed or canola oil
- 1 medium onion, sliced
- 2 medium tomatoes, chopped
- 2 medium cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 2 teaspoons curry powder
- 1 teaspoon fennel seeds, crushed
- $\frac{1}{4}$ teaspoon cayenne pepper

- $\frac{1}{4}$ teaspoon salt
- 1 14-ounce can "lite" coconut milk
- $\frac{1}{2}$ cup dry white wine
- Chopped fresh cilantro for garnish

1. Rinse mussels well and use a brush to remove any barnacles. Discard any with broken shells. Pull off any fibrous "beard" pinched between the shells (most farmed mussels have had the beards removed).
2. Heat oil in a large pot over medium-high heat. Add onion and cook, stirring, until translucent, about 3 minutes. Add tomatoes, garlic, ginger, curry powder, fennel seeds, cayenne and salt; cook until the tomatoes soften, 1 to 2 minutes.

Add coconut milk and wine; bring to a boil and cook for 2 minutes.

3. Add the mussels, cover and reduce heat to medium. Cook for 6 minutes. Remove the mussels with a slotted spoon to a large bowl (discard any unopened mussels); cover to keep warm.

4. Boil the sauce over high heat for 5 minutes to reduce slightly. Pour the sauce over the mussels. Serve garnished with cilantro.

SERVES 4: about 12 mussels & $\frac{3}{4}$ cup sauce each

CAL 311 / **FAT** 14G (SAT 6G) / **CHOL** 48MG / **CARBS** 17G / **TOTAL SUGARS** 3G (ADDED 0G) / **PROTEIN** 23G / **FIBER** 2G / **SODIUM** 491MG / **POTASSIUM** 469MG

Cheat, Drink, & Still Shrink

Break Through Your Weight Loss Plateau

By Amber Rios

Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all".

Last Tuesday work was especially hectic, but I'd booked with my \$200 an hour personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time, so I had to go. He noticed that my set count was down and playfully asked, "Feeling a little tired today?", as he handed me a bottle from his gym bag. After one sip I figured that there was no way this could be healthy because the creamy chocolate flavor was just too delicious. Still, he'd never risk his reputation.

With more than a healthy dose of scepticism I decided to investigate this shake he'd called INVIGOR8.

Turns out, it's a full meal replacement shake, which stunned me because virtually every other shake I'd researched had tasted chalky, clumpy and packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars,

preservatives, and hormones. And even though INVIGOR8's full meal replacement shake cost more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Wanting to know more, I reached out to a few of the people who were talking about it on trustworthy fitness forums. By the next morning three people got back to me saying,

"As a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first **100% natural, non-GMO** nutritional shake & green superfood. The result is a meal replacement shake that contains **100% grass-fed whey** that has a superior nutrient profile to the grain-fed whey

found in most shakes, **metabolism boosting raw coconut oil**, **hormone free colostrum** to promote a healthy immune system, **Omega 3, 6, 9-rich chia and flaxseeds**, superfood greens like **kale, spinach, broccoli, alfalfa, and chlorella**, and clinically tested **cognitive enhancers for improved mood and brain function**. The company even went a step further by including a balance of **pre and probiotics** for optimal digestive health, uptake, and **regularity and digestive enzymes** so your body **absorbs the high-caliber nutrition** you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice I understand the importance of filling my body with the best Mother Nature has to offer. I have always been reluctant to try new products because I was never sure of the impact they would have on my energy, and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while helping me to stay fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed an exclusive offer for Eating Well readers: if you order this month, you'll receive \$10 off your first order by using promo code "EW10" at checkout. You can order INVIGOR8 today at www.DrinkInvigor8.com or by calling 1-800-958-3392

Go Pro

Eating probiotics—live bacteria in raw fermented foods—can rev up the “good” bacteria in your body, which may help with weight loss. Enjoy them, deliciously, with this 1,500-calorie meal plan.

By Breana Lai, M.P.H., R.D.

BREAKFAST / 304 CAL

Berry-Kefir Smoothie

Blend 1½ cups frozen berries, 1 cup plain kefir, ½ banana, 2 tsp. almond butter, ½ tsp. vanilla extract

A.M. SNACK / 155 CAL

Cucumber Sandwich with Kombucha

Top 1 slice sprouted whole-grain bread with 1 Tbsp. goat cheese and ½ cup sliced cucumber. Serve with 1 cup kombucha.

LUNCH / 375 CAL

Tempeh “Chicken” Salad

Combine 2 Tbsp. light

mayonnaise, 2 tsp. white miso, 1 sliced scallion, 1 Tbsp dill and ¼ tsp. pepper. Fold in ¾ cup crumbled tempeh. Serve with 2 cups greens and ½ cup sliced grape tomatoes.

P.M. SNACK / 101 CAL

1 medium pear

DESSERT / 132 CAL

Quick Strawberry “Cheesecake”

Layer 1½ Tbsp. graham cracker crumbs, ½ cup nonfat plain Greek yogurt, 1 Tbsp. strawberry jam, ¼ tsp. lemon zest in a bowl. Top with more crumbs.

DINNER / 429 CAL

Pastrami-Spiced Beef with Sauerkraut-Broccoli Slaw

ACTIVE: 40 min TOTAL: 40 min

Not all sauerkrauts are created equal. To get the probiotic benefits, choose refrigerated fresh sauerkraut.

- 1½ pounds fingerling potatoes, halved
- 2 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon ground pepper, divided
- ½ teaspoon salt, divided
- 1 cup fresh sauerkraut, drained
- ¼ cup nonfat plain Greek yogurt
- ¼ cup light mayonnaise
- 12 ounces broccoli slaw
- 1 teaspoon coriander seeds
- 1 teaspoon fennel seeds
- 1 teaspoon mustard seeds
- ¾ teaspoon brown sugar
- ¼ teaspoon garlic powder
- 1 pound beef tenderloin (filet mignon), trimmed and cut into 4 steaks

1. Position racks in center and lower third of oven; preheat to 425°F. Coat a rimmed baking sheet with cooking spray.

SO ALIVE

Here we feature six probiotic foods, called out with each picture. We skip cooking them to keep the beneficial bacteria alive.



2. Toss potatoes with 1 tablespoon oil and ¼ teaspoon each pepper and salt in a large bowl. Transfer to the prepared baking sheet. Roast on the center rack, stirring once, until tender, about 25 minutes.
3. Meanwhile, combine sauerkraut, yogurt and mayonnaise in the bowl. Add broccoli slaw and stir to combine. Set aside.
4. Heat coriander, fennel and mustard seeds in a medium skillet over medium heat until fragrant, 1 to 2 minutes. Coarsely grind with a mortar and pestle or clean coffee grinder. Transfer to a bowl and add sugar, garlic powder and the remaining ½ teaspoon pepper and ¼ teaspoon salt. Coat both sides of beef with the mixture.
5. Heat the remaining 1 tablespoon oil in the skillet over medium-high heat. Add the beef and cook until browned on both sides, 2 to 4 minutes. Transfer the pan to the lower oven rack and roast 6 to 8 minutes for medium rare. Serve the steak and potatoes with the slaw.

SERVES 4: 3 oz. steak & 1 cup each potatoes and slaw

CAL 429 / FAT 17G (SAT 4G) / CHOL 72MG / CARBS 42G / TOTAL SUGARS 6G (ADDED 3G) / PROTEIN 30G / FIBER 7G / SODIUM 579MG / POTASSIUM 1,108MG

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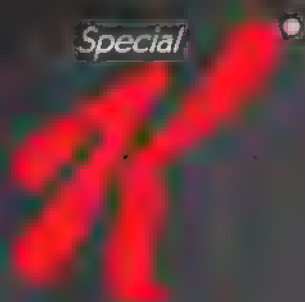


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WAKE UP RIGHT

Strawberry-Ricotta Waffle Sandwich

ACTIVE: 10 min TOTAL: 10 min

Here's a sweet spin on a breakfast sandwich. Other seasonal fruit, such as blueberries or sliced peaches, would be tasty toppers too.

WHAT TO LOOK FOR



STOP AND SMELL THE WAFFLES

Convenient? Yes. Healthy? They can be! Look for whole grains listed first (after water) in the ingredient list and aim for the following for two waffles:

- ≤200 calories
- ≤4g sugar
- ≤350mg sodium
- ≥3g fiber

- ¼ cup whole-milk ricotta cheese
- 1 teaspoon chopped fresh mint or basil
- ½ teaspoon vanilla extract
- 2 frozen whole-grain waffles, toasted
- 2 teaspoons pure maple syrup
- ½ cup sliced fresh strawberries

Combine ricotta, mint (or basil) and vanilla in a small bowl. Drizzle each waffle with 1 teaspoon syrup. Top one waffle with the ricotta mixture and strawberries and cover with the other waffle.

SERVES 1: 1 sandwich

CAL 318 / FAT 14G (SAT 6G) / CHOL 32MG / CARBS 43G /
TOTAL SUGARS 16G (ADDED 10G) / PROTEIN 12G / FIBER 8G /
SODIUM 400MG / POTASSIUM 360MG

START WITH SAMMYS

Find more breakfast sandwich ideas at eat.kellogg.com/webextra



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IDEAS FOR A BETTER YOU

fresh

More Than a Walk in the Park

Stroll through the flower beds, journey into greenhouses to spot rare plants and get inspired to improve your own garden at home—there's so much to enjoy at botanical gardens. And the discoveries go beyond the beautiful blooms. These gardens—like the Chicago Botanic Garden shown here—are cooking up unique ways to help feed the world. Turn the page to see the good ideas they're germinating. —Lucy M. Casale

Botanical Gardens Growing Innovation

Building Community

CHICAGO The Chicago Botanic Garden cultivates a crop of smart urban farmers and eaters through Windy City Harvest. Its Youth Farm program teaches at-risk youth to grow, cook and sell food at farm stands. When Windy City Harvest associate vice president Angela Mason, M.S., hears kids talking about their favorite vegetables, she beams with pride. "You're making changes in how they think about food and where it comes from and what it does for their bodies," she says. Windy City Harvest also runs Harvest Corps, which provides training, transitional jobs and education to the formerly incarcerated, and a nine-month sustainable urban agriculture apprenticeship program.

Helping Farmers Grow

LOUISIANA You might spot tubers tucked among the ornamental flowers at Louisiana State University's Botanic Gardens at Burden because it's also the home to the LSU AgCenter's sweet potato research program. Here, Don Labonte, Ph.D., director of the School of Plant, Environmental and Soil Sciences, develops varieties that can resist certain pests or grow in consistent shapes that sell better at the market. And he adds, "We always ask 'What can we put out there that has a new and unique flavor?'" He uses other plants and the layout of the garden to separate his sweet potato breeds. This lets him develop specific traits in a naturally pollinated setting without risking cross-pollination.

Fighting Global Hunger

HAWAII Roasted breadfruit smells like a fresh-from-the-oven loaf—and it could be key to global food security. So say researchers at the Breadfruit Institute, based in the National Tropical Botanical Garden in Hawaii. Part research facility, part conservation effort, the institute grows 150 breadfruit varieties. The trees produce in a wide range of conditions with little care, and the fruit is a good source of fiber, magnesium and potassium. The Institute believes food-insecure countries can fight hunger with these low-input, high-yield and nutritious crops. Since 2009, it has planted 92,000 trees in 43 countries, raising awareness about the different varieties and culinary uses, including boiling for soups, baking and frying.

In the heart of downtown Chicago, on the roof of McCormick Place, Windy City Harvest grows a 20,000-square-foot garden. Produce from this urban farm is sold directly to the convention center's food-service operation.



ARE PET-FOOD PRESERVATIVES SAFE?

Dry and semi-moist pet foods and treats have added preservatives to extend shelf life and keep vitamins from degrading and fats from going rancid. The common preservatives BHA, BHT and ethoxyquin have mostly been phased out in response to public outcry over synthetic ingredients. However, multiple studies in dogs show no adverse effects of these ingredients at—or even above—a low-dose level.

The natural alternatives—vitamin E derivatives (mixed tocopherols), rosemary and vitamin C (ascorbic acid)—seem appealing because they are recognizable, but they are less effective at preventing fats from turning rancid than their artificial counterparts. If your pet's food contains natural preservatives, it may have an earlier expiration date.

BOTTOM LINE:

Natural and artificial preservatives are safe for your pet, but if you want to avoid them completely, you can opt for canned products. Canning protects foods from spoilage, without any chemical preservatives.

By Cailin Heinze, VMD, MS, DACVN
Tufts University
@C_HeinzeVMD

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Om Your Way to Better Health

Yoga's benefits stretch beyond boosting flexibility. Researchers keep finding new reasons why everyone should hit the mat. *By Karen Asp*

Relieve Lower-Back Pain

Forget bed rest—today's docs often prescribe exercise, yoga included. Practicing yoga may ease back pain better than avoiding exercise, concluded a scientific review tallying results from over 1,000 men and women, all suffering from low-back pain for three-plus months. It may be better to do yoga than to skip your workout because of its relaxation, meditation and breathing elements. Most studies asked participants to attend a 60- to 90-minute class (typically Iyengar-style) once or twice a week and practice at home on nonclass days. Beginners should find a class designed to ease low-back pain so an experienced instructor can help you protect your back.

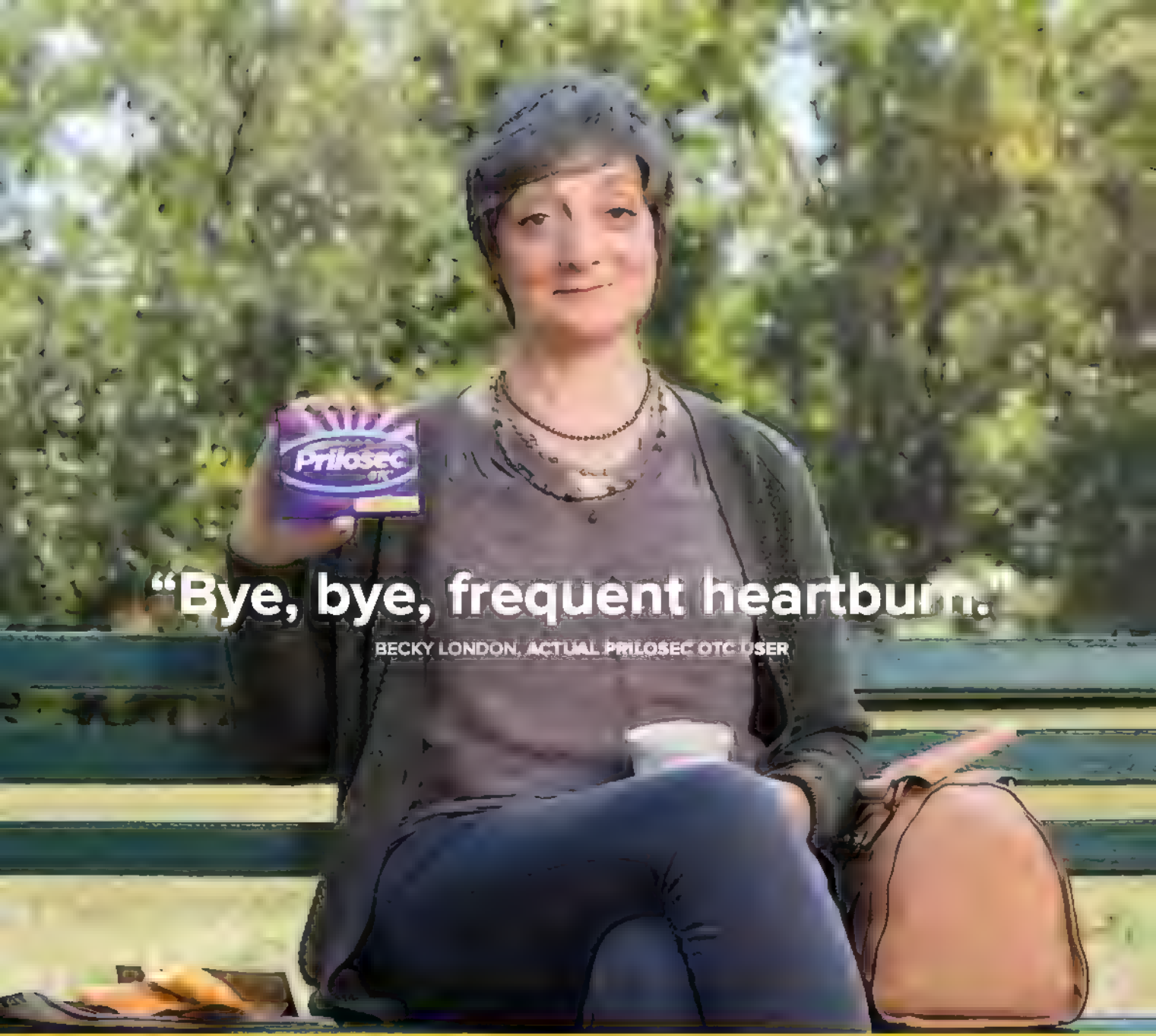
Bolster Your Bones

Less than 15 minutes of yoga a day may keep your bones strong, according to a study published in *Topics in Geriatric Rehabilitation*. Over 200 individuals, mainly women averaging 68 years old, did 12 minutes of yoga daily (or at least every other day) for two years. They held 12 poses (including tree and twisted triangle) for 30 seconds each. The result: improved bone density. In fact, the progress surpassed bone-building results typically seen with osteoporosis-countering drugs. Why? Using your muscles makes your bones stronger. Since yoga uses several muscle groups at once, you're exerting force on the bone from multiple angles, possibly enhancing the bone-building process.

Help Your Heart

Move over, cardio. Researchers evaluated almost 40 trials and found that yoga came with numerous heart-friendly benefits: lowering LDL ("bad") cholesterol and triglycerides, increasing HDL ("good") cholesterol and improving body weight, blood pressure and heart rate. Yet how does this stack up against aerobic activity like jogging? Surprisingly high. "Yoga achieved similar improvements to aerobic exercise," says Myriam Hunink, M.D., Ph.D., study co-author from the Netherlands. The study points to several factors about yoga that may be responsible for these changes, including the strengthening, stretching, breathing, meditation and relaxation aspects.



A woman with short dark hair, wearing a grey sweater and blue jeans, is sitting on a wooden park bench. She is holding a box of Prilosec OTC in her right hand. A brown leather bag is on the bench next to her. The background is a blurred green park setting.

"Bye, bye, frequent heartburn."

BECKY LONDON, ACTUAL PRILLOSEC OTC USER



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THE TRUTH METER

Sprouted Grains

SPROUTED GRAINS ARE MORE NUTRITIOUS

The sprouting process can help break down phytate, a compound in grains that inhibits iron and zinc absorption in your body, meaning you get more of these nutrients. Sprouting can also unlock more folate, beta carotene and vitamins C and E.

SPROUTED GRAINS ARE EASIER TO DIGEST

Sprouting wheat increases soluble fiber and decreases insoluble fiber. Soluble fiber may relieve some IBS symptoms better than insoluble fiber does. However, no research specifically compares sprouted versus unsprouted grains for digestion.

SPROUTED BREAD IS GLUTEN-FREE

Sprouting wheat, barley and rye doesn't remove the gluten. One study found that sprouting wheat degrades some gluten protein. So sprouted wheat may have less gluten than unsprouted, but it's still not gluten-free.

—Julia Westbrook

Eating a handful of tree nuts and peanuts daily may lower your risk for heart disease (by 21 percent) and cancer (15 percent), according to a new study published in *BMC Medicine*. Noshing on a ¼ ounce serving of nuts is also associated with a reduced risk of dying from diabetes (39 percent) and infectious diseases (75 percent).

Nuts are packed with polyunsaturated fats and magnesium, two important nutrients for heart health.

These nutrients may also offer protection against insulin resistance, which can lead to diabetes. Antioxidant compounds found in nuts, including ellagic acid and resveratrol, can reduce the wear and tear on your body from free radicals. In turn, this lowers inflammation, which may reduce cancer risk. Plus, nuts provide insoluble fiber, which studies suggest may help you stay healthy by feeding beneficial gut bacteria. —Jordan Rosenfeld

"Is my seltzer habit really bad for me?"

Ask Brierley



I love seltzer—so much so that I have a SodaStream at home and at the office.

Lucky for me, compared to straight-up water, seltzer is just as hydrating, says an *American Journal of Clinical Nutrition* study. That's good, because about half of us fall behind on the daily recommended 11 to 15 cups.

The carbon dioxide (CO₂) that transforms water into bubbly, refreshing seltzer may make you burp, give you a little gas or aggravate esophageal reflux, but that's about it. If you've heard seltzer isn't good for your teeth, turns out it depends on what kind you're drinking. The CO₂ in seltzer makes your mouth more acidic (an acidic environment erodes your teeth's enamel), but only slightly, so plain seltzer won't harm your pearly whites. The flavoring added to flavored seltzer, though (often citrus-based), can plummet your mouth's pH to a level that is harmful to your teeth. Can't forgo your favorite flavored sip? Pair it with a meal: food is typically more neutral, so it balances seltzer's acidity. Better yet, make your own with a soda maker and fluoridated tap water. The fluoride immediately protects your teeth from acid-inducing erosion and strengthens them over time.

Check the ingredients in flavored seltzers, too: they sometimes deliver no- or low-calorie sweeteners (Equal, Splenda, Truvia), which keeps calories in check, but newer research shows low-cal sweeteners may adversely affect your gut microbiome and even encourage belly fat.

BOTTOM LINE: Seltzer, especially plain, is healthy and hydrating—and beats soda for a fizzy fix.

BRIERLEY WRIGHT, M.S., R.D.
NUTRITIONIST

ASKUS@EATINGWELL.COM



PLAIN NUTS: STEVE NISCH; LUNA ILLUSTRATION: EMMA DIBDEN

Plenty of Lionfish in the Sea



"If humans can decimate native fish populations through consumption, why not an invasive one?" asks Emily Stokes, invasive species specialist at Reef Environmental Education Foundation (REEF), a marine conservation organization. That's the logic behind this seafood guidance: eat lionfish, save the Caribbean and Atlantic coral reefs.

Invasive lionfish are upending delicate coral reef ecosystems. In the hardest-hit areas, reports say they have reduced the prey fish by 90 percent. That has a ripple effect: some of those native fish eat algae, which, if left unchecked, can overgrow coral reefs.

Originally from the South Pacific and Indian Ocean, lionfish were first recorded off Florida's coast in 1985. DNA research traces this issue back to 10 female lionfish, likely dumped into the ocean by aquarium owners. In the wild, the fish grow to over 18 inches in length. Armed with venomous spines, lionfish have no natural predators in Atlantic reefs so their population exploded. Now, they're found along the coast from Brazil to Rhode Island, numbering up to 1,000 fish per acre. "The invasion of lionfish may well prove to be one of the greatest threats this century to this ecosystem," says National Ocean and Atmospheric Administration ecologist James Morris, Ph.D.

But there's a new predator on the hunt: humans. Scuba divers and chefs are creating a supply and demand for lionfish, despite the challenges. You can't mass-fish them—you have to dive and spearfish them. And fish prep is time-consuming, since you have to manage the poisonous spikes, and it results in a small amount of meat.

One of Grand Cayman's lionfish pioneers is Chef Thomas Tennant from Brasserie restaurant. An active hunter, he built up a supply chain from the local dive community and a regular culling tournament. He compares the delicate white meat to Dover sole and serves it as ceviche, poke and as a crispy sandwich. "As a chef, I have the opportunity to influence people," he says. "I'd like to do something positive."

Although this fish is a formidable foe, estimates say we need to fish nearly a third of the population monthly to make a dent in its abundance—Morris is optimistic that spear- and trap-fishing is effective. Additional initiatives to combat lionfish include alternative fishing research efforts and culinary competitions. Cook some up: the availability of lionfish continues to widen, with Whole Foods, for example, selling it in Florida and at select outlets in other regions. —Drew McArthur

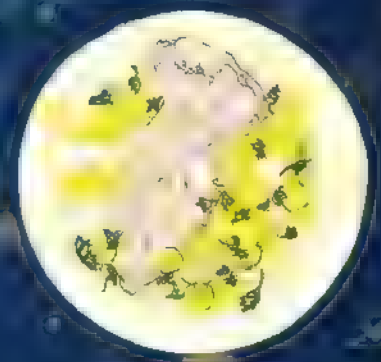
Lionfish with Mango Salsa

Adapted from *The Lionfish Cookbook* by Tricia Ferguson and Lad Akins (REEF, 2016).

- 2 limes, divided
- 8 lionfish fillets (about 1 pound total)
- 1 teaspoon garlic powder
- ¼ teaspoon salt, divided
- ½ teaspoon ground pepper
- 1 cup diced ripe mango
- ¼ cup diced white onion
- ¼ cup chopped fresh cilantro
- Hot sauce to taste
- 1 tablespoon extra-virgin olive oil

1. Squeeze juice from 1 lime on fillets. Season with garlic powder, ¼ teaspoon salt and pepper. Refrigerate for 30 minutes.
2. Meanwhile, combine mango, onion, cilantro, the juice from the remaining lime, the remaining ¼ teaspoon salt and hot sauce in a bowl. Set aside.
3. Heat oil in a large nonstick skillet over medium-high heat. Cook the fish until flaky, about 2 minutes per side. Serve the fish topped with the mango salsa.

SERVES 4





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Is Tipping a Thing of the Past?

In most states, the minimum wage for tipped workers is very low. In theory, the tips make the pay livable. In reality, even with tips, these are some of the lowest-paying jobs in the country. We asked Saru Jayaraman, co-founder of Restaurant Opportunities Centers (ROC) United how to change the way we pay restaurant workers. —Debbie Koenig

Why is the tipping system problematic?

A The median wage for tipped workers is about \$9 an hour, including tips. But the federal minimum hourly wage for tipped workers is \$2.13, meaning we've got 6 or 7 million people surviving almost entirely on tips. Tips fluctuate daily, putting workers in a precarious financial situation. Tipped workers earning \$2.13 per hour are twice as likely as the remaining U.S. workforce to use food stamps.

And 70 percent of this workforce is women, and harassment is a big issue. Women approach me, sharing their stories of being objectified at work. When you're a woman relying mostly on tips, you tolerate however a customer might touch you or treat you, because the customer is a ways night, and the customer pays your bills, not your employer.

More restaurants are improving workers' pay by nixing tips. Is this the solution?

A The solution ROC calls for is "one fair wage"—raise the minimum wage for all and eliminate the lower wage for tipped workers. Instead of making most of their money from tips, workers get paid a higher hourly wage from the restaurant, with tips on top of that. Our campaign is to eliminate the lower wage for tipped workers, not tipping altogether. But we do applaud restaurants that take it a step further to "no tip required."

How successful are no-tip restaurants?

A Those that have made the shift have seen a win-win. It requires a slow, transparent process—in which workers end up earning the same amount as they did in tips. In New York, Danny

Meyer switched the first of his 14 fine-dining restaurants to a tip-free model in late 2015, with clear benefits for the employees. For instance, he created a tiered revenue-sharing program for his teams, establishing a clear path for professional growth and mitigating some of the compensation volatility during a slow night.

Why are some people resistant to eliminating the lower tipped wage?

A Restaurants argue that they'll have to cut hours or workers, but the data doesn't show it. The states and companies that have made the shift have higher restaurant sales per capita, higher job growth in the restaurant industry and lower rates of harassment.

In some cases, when companies go further and make the move to gratuity-included pricing too quickly, workers who have been making a decent living with tips don't trust the new system and leave. But we encourage restaurants to include a guarantee that workers who used to rely on tips will earn at least as much as they did before.

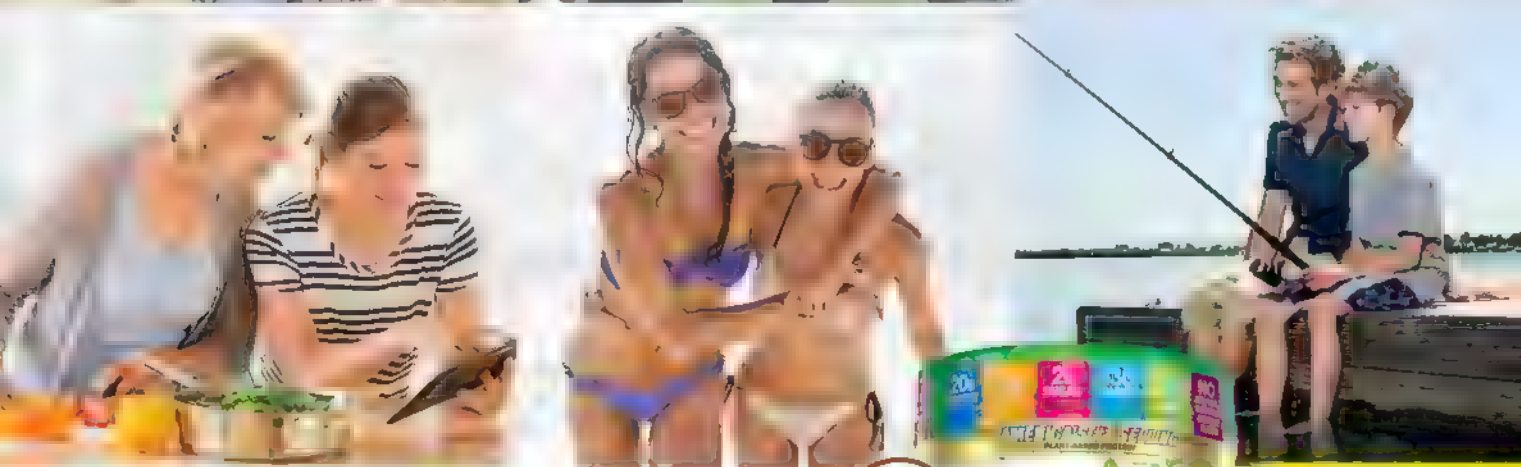
Bare Minimum

The federal minimum wage for tipped workers is \$2.13 per hour. Several states require that tipped workers be paid full state minimum wage (before tips), with Washington (\$11) and California (\$10) leading the pack. Many other states have pre-tip minimums well above the federal standard. But plenty still use the federal guideline or hover just above. Here are the 20 worst-paying states.

Alabama	North Carolina
Delaware	Oklahoma
Georgia	South Carolina
Indiana	Tennessee
Kansas	Texas
Kentucky	Utah
Louisiana	Virginia
Mississippi	Wisconsin
Nebraska	Wyoming
New Jersey	
New Mexico	



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New at Walmart



THESE HEADACHE TRIGGERS MAY BE MORE MYTH THAN TRUTH

Forget "Chinese restaurant syndrome," says a review of MSG food tests involving 635 people in the *Journal of Headache and Pain*. One early study found that women reported headaches after eating MSG. But the researchers cautioned that MSG's distinct taste (at the high doses subjects received) could have resulted in a placebo effect.

Two decades ago, estimates said up to 42 percent of migraine sufferers got smacked down by this treat. But chocolate's been downgraded to niche nuisance. When 326 migraineurs tracked their diets for 3 months, only 2.5 percent of them named chocolate as a trigger, reported a 2016 study.

Ile: Found naturally in many foods, including beer, cheese, sausage and yeast breads, this amino acid was demonized as a migraine trigger in the 1960s and '70s. But scientific opinion has shifted, Martin says: "Older studies that found a link were not well-designed and more-recent studies have not found a clear connection."

Sulfites: Migraine-sparking wine may contain sulfites, but the sulfites might not be to blame. A recent review out of the Headache Center of Rio in Brazil found that foods that also contain sulfites (often at higher levels than wine), such as dried fruit, aren't pain triggers, while low- or no-sulfite wine can still trigger head pain.

Head Off Headaches, Naturally

One in four people who get headaches, and 30 percent of migraine sufferers, blame certain foods and drinks. Fortunately, science can help you protect your noggin. *By Sari Harrar*

TRICKY TRIGGERS

CAFFEINE

Throbbing caffeine-withdrawal headaches affect nearly half of caffeinated-beverage drinkers. Caffeine narrows blood vessels, so missing your daily dose lets major arteries in the brain expand... ouch! "The more caffeine you regularly get, the bigger your chances for a headache if you miss your morning cupful or have it later than usual," notes Vincent Martin, M.D., director of the Headache and Facial Pain Center at UC Health in Cincinnati. Aim to keep your caffeine habit consistent day-to-day.

SKIPPING MEALS

Giving up lunch to power through your day leaves you more than just hangry. Fluctuating blood sugar can make your head hurt when brain cells react to low levels of their favorite fuel. One in five migraine sufferers, and one in seven people who get headaches, say that hunger can kick-start the pain. In fact, daytime fasting (eating only at night) nearly tripled migraine risk in people who regularly get them, according to a study in the *Journal of Headache and Pain*.

ALCOHOL

Hungover? Thank dehydration for your headache. Plus, when you drink, your liver makes excess acetaldehyde as it breaks down alcohol, and this compound can make blood vessels in your brain expand and throb. As for migraines, in a recent survey of 116 patients at a neurology clinic, 39 percent reported that sipping alcoholic drinks triggers migraines—but there's more at play than just the alcohol. Alcoholic drinks, particularly red wine, contain artery-dilating histamines and flavonoids that affect serotonin levels (researchers believe that changes in this brain chemical may cause or worsen head pain).



5 Headache Fixes to Try

CHILL OUT

Your headache risk soars fourfold when a stressful situation ends. That's when the stress hormone cortisol—which also blocks pain—ebbs away. One possible solution: People who meditated for about 30 minutes daily experienced shorter and somewhat less intense headaches compared to those who did not meditate, reported a recent study in *Headache*. Practicing stress-reduction techniques could keep cortisol lower when you become stressed, helping you avoid a crash later.

GET FORT MAGNESIUM

When brain cells have adequate magnesium, they're less likely to switch on the pain pathways if they meet up with a pain trigger. The American Academy of Neurology says to hit the recommended daily allowance for magnesium (310 to 420 mg) for migraine prevention. Three servings of whole grains plus a cup of cooked spinach can get you your daily magnesium. Other sources include pumpkin seeds, black beans and dark chocolate.

DRINK UP

Mild dehydration could double your risk for a headache, according to a *Journal of Nutrition* study. Fortunately, upping your water game is a simple fix. Dutch researchers found. Regular headache sufferers added four 8-ounce cups of water to increase their total beverages from 7 to 11 cups daily. This lessened the impact of headaches on their quality of life.

GO EXERCISE

Pedaling an exercise bike for 40 minutes, three times a week, blocked migraines as effectively as taking a migraine-preventing prescription drug, found a Swedish study. Any movement may help by activating feel-good brain chemicals (called endocannabinoids) and muting signals in pain-sensing areas of the brain.

QUIT CHEWING GUM

Giving up gum for a month halted head pain for 19 out of 30 kids and teens with chronic headaches, found Israeli researchers. And for those who restarted their gum habit, the headaches returned. All that grinding may put excess pressure on the jaw joint, causing skull-wide discomfort.



THUNDERCLAP HEADACHE

Call 911 right away for a **"thunderclap headache"**—a sudden, violent head pain that's the worst of your life. "Severe head pain that comes out of the blue could be a sign of bleeding or a blockage in your brain, meningitis (which may also come with a stiff neck and fever) or another life-threatening condition," says Matthew Robbins, M.D., of Albert Einstein College of Medicine. Also get help for a headache after a head injury that comes with symptoms like slurred speech, vision changes, trouble moving your arms or legs, or with nausea, fever, stiff neck or vomiting. It could be a sign of a concussion.





Eat More Veg!

Vegetables are coming into season so fast it's hard to keep track. Which means it's time for our 2nd annual Eat More Veg Challenge. Six star chefs share their favorite vegetable-forward recipes for the occasion. And we invite you to join us on EatingWell.com in June for a little friendly competition. We'll dish up more delicious recipes and track how many different vegetables we can eat during the month. For more on the challenge, see page 60.

ANDRÉS'S
GAZPACHO



"This gazpacho highlights one of my favorite vegetables, the tomato! They're diverse, so juicy and so sexy."

José Andrés

CHEF/OWNER, JALEO
WASHINGTON, D.C.
(AND OTHERS)

PHOTOGRAPHY BY
Helen Norman

ILLUSTRATIONS BY
JOHN JAY CABUAY



"We received a rainbow of carrots from one of our farmers, and wanted to create a dish that showcased their beautiful colors and natural sweetness."

Stephanie Izard

CHEF/OWNER,
GIRL & THE GOAT
AND LITTLE GOAT DINER
CHICAGO, IL

Grilled Corn & Carrot Giardiniera

ACTIVE: 30 min **TOTAL:** 5 hrs
(including 4 hrs marinating time)

TO MAKE AHEAD: Refrigerate for up to 5 days. **EQUIPMENT:** One 6- to 8-cup heatproof container (½-gal on canning jar) or 3 to 4 pint canning jars

If you've eaten at either Chef Stephanie Izard's Girl & the Goat or Little Goat Diner in the summertime, you may have crunched on this spicy-sweet giardiniera. The vegetables get quite a bit of heat from the harissa and jalapeño, so adjust to your taste. Harissa, the Middle Eastern chile paste, varies in heat from brand to brand.

- 2 large ears corn, husked
- 4 cups paper-thin carrot slices
- 2 cups peeled and diced raw golden beets
- 1 cup thinly sliced spring onion whites or scallion whites
- 2 tablespoons chopped fresh mint
- 8 thin slices jalapeño pepper
- 2 large cloves garlic, thinly sliced
- 1½ cups white vinegar
- 1 cup cider vinegar
- ½ cup water
- 6 tablespoons sugar
- 2 tablespoons kosher salt
- 2 tablespoons harissa

1. Preheat grill to medium-high.
2. Grill corn until lightly charred on all sides, 6 to 10 minutes total.
3. Cut the kernels from the cobs. Combine the corn with carrots, beets, onion (or scallion), mint, jalapeño and garlic in a 6- to 8-cup heatproof container, such as a ½-gallon canning jar. (Or divide among 3 to 4 pint canning jars.)
4. Combine white vinegar, cider vinegar and water in a medium saucepan. Bring to a boil. Remove from heat and whisk in sugar, salt and harissa until the sugar is dissolved. Carefully pour the hot liquid over the vegetables. Let stand until cooled to room temperature, about 30 minutes.
5. Refrigerate until cold, at least 4 hours and up to 5 days.

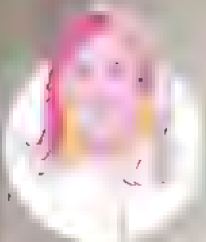
MAKES: 6 cups (½-cup serving)

CAL 51 / **FAT** 0G (**SAT** 0G) / **CHOL** 0MG / **CARBS** 11G / **TOTAL SUGARS** 6G (**ADDED** 2G) / **PROTEIN** 1G / **FIBER** 2G / **SODIUM** 314MG **POTASSIUM** 271MG



A top-down view of a dining table. In the center is a large white bowl filled with a Greek-style spinach salad, featuring shredded green spinach, sliced red tomatoes, and shredded white cheese. To the top right is a white plate with a fried egg, topped with a slice of tomato and sprinkled with black pepper. To the right of the salad bowl is a small white bowl containing a light-colored dressing with green herbs. A silver fork and knife are visible at the bottom of the frame. The table surface is a light-colored, textured material.

GREEK STYLE
SPINACH SALAD
PAGE 61



A small circular portrait of a woman with pink hair, wearing a white top, looking directly at the camera.

"I love using
fresh herbs and
dried oregano
in this salad to
add warm, sweet
and earthy flavors
to the spinach."

Kristen Brown
CHEF OWNER, OLEANA
CAMBRIDGE, MA
(AND OTHERS)



FENNEL &
ZUCCHINI
SALAD WITH
WATERCRESS,
MINT & FETA
PAGE 61



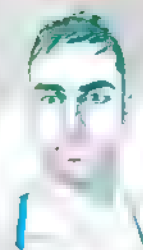
"It's inspiring to
think about spring
and summer,
about bright flavors,
fresh herbs and
raw vegetables."

Renee Erickson

CHEF OWNER, THE WALRUS
AND THE CARPENTER
SEATTLE, WA
(AND OTHERS)



GRILLED GREEN
BEANS WITH
WATERMELON
RADISH SALSA
PAGE 61



“Getting kids to eat vegetables isn’t always easy. My goal is to create recipes that are super-fun and equally delicious.”

Justin Kouri

CUULINARY DIRECTOR,
RECIPE FOR SUCCESS
HOUSTON, TX

Challenge Accepted!

VEGETABLES YOU CAN'T EAT THIS

#eatmoreveg

We've teamed up with nonprofit **Recipe for Success** to bring you this challenge. Invite your friends, family and co-workers to compete with us during the month. You'll get extra incentive to eat well, plus the chance to raise money to bring Recipe for Success's healthy food education programs to your neighborhood school. Join us at eatingwell.com/webextra for more vegetable recipes and tips.



"In my restaurants we use wood-burning ovens to char vegetables. At home, I use the broiler. The broccoli for this salad chars under the broiler and retains a crunch in the middle."

Alon Shaya

CHEF/OWNER, SHAYA
NEW ORLEANS, LA
(AND OTHERS)

CHARRED
BROCCOLI WITH
ALMONDS &
CHERRIES



Charred Broccoli with Almonds & Cherries

ACTIVE: 15 min TOTAL: 25 min

This salad has many layers of texture and flavor. Chef Alon Shaya pulls everything together with a whole-milk yogurt dressing that's extra creamy and coats the ingredients beautifully.

- 10 cups broccoli florets (about 1½ pounds)
- 6 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon kosher salt
- ⅓ cup skin-on sliced almonds
- 2 teaspoons minced garlic
- ¾ cup whole-milk plain yogurt
- ½ cup dried cherries

1. Position an oven rack in lowest position; preheat broiler to high.
2. Toss broccoli with 1 tablespoon oil and salt in a large bowl. Spread evenly on a large rimmed baking sheet. Roast on the lowest rack until tender and charred in spots, 10 to 20 minutes, depending on the strength of your broiler.
3. Combine almonds and garlic with the remaining 5 tablespoons oil in a small skillet. Cook over medium-low heat, stirring frequently, until just starting to brown, 5 to 7 minutes. Scrape the mixture into a serving bowl. Stir in yogurt and cherries.
4. Add the broccoli and stir to coat with the dressing. Serve room temperature or cold.

SERVES 6: ¾ cup each

CAL 250 / FAT 18G (SAT 3G) / CHOL 4MG / CARBS 19G / TOTAL SUGARS 10G (ADDED 8G) / PROTEIN 6G / FIBER 4G / SODIUM 285MG / POTASSIUM 502MG.

José Andrés's Gazpacho

ACTIVE: 15 min TOTAL: 12¼ hrs

(including 12 hrs marinating time)

TO MAKE AHEAD: Refrigerate blended gazpacho for up to 3 days; stir well before serving.

Not only does Chef José Andrés keep a pitcher of this gazpacho in his refrigerator all summer, it's also served at Beefsteak, his chain of vegetable-driven restaurants. (Photo: page 54.)

- 1½ pounds ripe tomatoes, chopped, plus more for garnish
- ½ medium cucumber, peeled and chopped, plus more for garnish
- ½ medium green bell pepper, chopped, plus more for garnish
- 1 clove garlic, crushed
- ¼ cup extra-virgin olive oil, plus more for garnish
- 1 tablespoon sherry vinegar
- ½ teaspoon salt

1. Combine tomatoes, cucumber, bell pepper, garlic, oil, vinegar and salt in a large bowl. Cover and refrigerate for at least 12 hours and up to 1 day.
2. Transfer the mixture to a blender and blend until smooth. Serve topped with a little olive oil and chopped vegetables, if desired.

SERVES 4: 1 cup each

CAL 162 / FAT 14G (SAT 2G) / CHOL 0MG / CARBS 8G / TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 2G / FIBER 2G / SODIUM 300MG / POTASSIUM 430MG.

Greek-Style Spinach Salad

ACTIVE: 40 min TOTAL: 1 hr 20 min

TO MAKE AHEAD: Refrigerate cooked beet (Step 1) for up to 3 days.

Chef Ana Sortun serves this salad with homemade pita chips or boiled potatoes. Look for mild-flavored green garlic at the farmers' market in late spring. Or use ¼ cup finely chopped scallions plus 1 small minced garlic clove. (Photo: page 57.)

- 1 large Chioggia beet (about 1 pound)
- ¼ cup finely chopped green garlic, white part mostly
- 4 tablespoons extra-virgin olive oil, divided
- 1 cup whole-milk plain Greek yogurt
- ½ cup chopped fresh mint
- 2 tablespoons finely chopped scallion
- 1 teaspoon kosher salt
- ½ teaspoon ground pepper
- 1 pound mature spinach, thinly sliced
- 1 tablespoon butter, melted
- 1 teaspoon dried mint
- 1 teaspoon dried oregano
- 1 teaspoon ground Aleppo or Maras pepper

1. Place beet in a large saucepan with water to cover by 1 inch. Bring to a boil over high heat. Cook until tender all the way to the center, 35 to 50 minutes. Transfer to a cutting board and let cool.

2. Meanwhile, combine green garlic and 2 tablespoons oil in a small saucepan; cook over medium-low heat until the garlic is tender but not brown, 5 to 6 minutes. Transfer to a large bowl. Whisk in the remaining 2 tablespoons oil, yogurt, fresh mint, scallion, salt and pepper.
3. Peel and julienne the beet. Add to the bowl along with spinach and toss with the dressing until well coated. Mound on a serving platter. Drizzle with butter and sprinkle with dried mint, oregano and Aleppo (or Maras) pepper.

SERVES 8: 1¼ cups each

CAL 147 / FAT 12G (SAT 4G) / CHOL 9MG / CARBS 8G / TOTAL SUGARS 4G (ADDED 0G) / PROTEIN 4G / FIBER 3G / SODIUM 325MG / POTASSIUM 479MG.

Fennel & Zucchini Salad with Watercress, Mint & Feta

ACTIVE: 20 min TOTAL: 20 min

Chef Renee Erickson's vegetable salad highlights some of spring's best ingredients—peas, zucchini, fennel, watercress and mint. Serve alongside a roast chicken or turn it into a dinner salad by adding a soft-boiled egg and some cannellini beans. (Photo: page 58.)

- 1 cup peas, fresh or frozen
- 3 small zucchini (4–5 inches each)
- 1 medium fennel bulb
- 4 cups gently packed trimmed watercress (about 1 large bunch)
- ½ cup torn fresh mint, plus more for garnish
- 3 tablespoons good-quality extra-virgin olive oil

- 1 tablespoon lemon zest
- 3 tablespoons lemon juice
- ¼ teaspoon sea salt
- ¼ teaspoon ground pepper
- ¾ cup crumbled sheep's-milk feta, plus more for garnish

1. If using frozen peas, cook in boiling salted water for 45 seconds to 1 minute. Transfer to a bowl of ice water until cold. Drain well.
2. Trim zucchini and thinly slice on the bias. Slice fennel paper-thin, using a mandoline if you have one.
3. Combine the peas, zucchini and fennel in a large bowl with watercress and mint. Gently toss with oil, lemon zest and juice, salt and pepper. Gently stir in feta. Serve right away, garnished with more mint and/or feta, if desired.

SERVES 6: 1¼ cups each

CAL 156 / FAT 11G (SAT 4G) / CHOL 15MG / CARBS 10G / TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 6G / FIBER 4G / SODIUM 282MG / POTASSIUM 493MG.

Grilled Green Beans with Watermelon-Radish Salsa

ACTIVE: 25 min TOTAL: 25 min

Chef Justin Kauri wanted to create a recipe that highlighted the Recipe for Success logo, the humble radish. So he mixed it into a sweet-and-spicy salsa to serve over grilled green beans. (Photo: page 59.)

SALSA

- 1 cup diced watermelon (½-inch cubes)
- ½ cup finely diced radishes
- 1 jalapeño, seeded and finely diced
- 2 tablespoons finely diced shallot
- 1½ teaspoons lime zest
- 2 tablespoons lime juice
- ¼ teaspoon salt
- Ground pepper to taste

GREEN BEANS

- 1 pound green beans, trimmed
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ¼ teaspoon salt
- Ground pepper to taste

1. To prepare salsa: Combine watermelon, radishes, jalapeño, shallot, lime zest and juice in a medium bowl. Gently toss. Season with salt and pepper; toss again. Set aside.
2. To prepare green beans: Place a grill basket on a grill; preheat to medium-high. (Alternatively, preheat a grill pan over high heat.)
3. Combine beans, oil, cumin and coriander in a large bowl; toss to coat. Season with salt and pepper; toss again. Grill the beans in the basket (or grill pan), stirring once halfway through, until just tender and evenly charred, 5 to 7 minutes.
4. Transfer the beans to a serving platter and top with the salsa. Serve immediately.

SERVES 4: 1 cup beans & ¼ cup salsa each

CAL 122 / FAT 7G (SAT 1G) / CHOL 0MG / CARBS 13G / TOTAL SUGARS 7G (ADDED 0G) / PROTEIN 3G / FIBER 4G / SODIUM 305MG / POTASSIUM 353MG.



**SWEET POTATO
NOODLES WITH TOFU
& VEGETABLES R. 68**



K

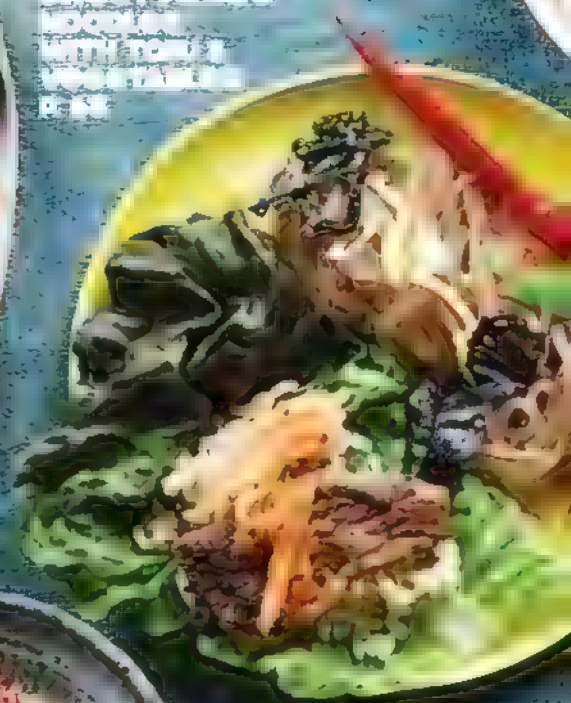
KOREAN COOKING WITH



JOO

FOOD PHOTOGRAPHY BY RYAN LIEBE • PORTRAIT BY RICHARD BOLL

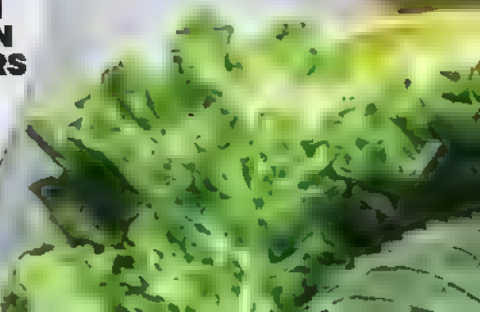
Author of *Korean Food Made Simple* and host of a TV show with the same name, Judy Joo is just the person to show you how easy it is to cook classic Korean dishes at home. Joo spent years on Wall Street before trading in market stresses for a hot seat in the kitchen at her London and Hong Kong restaurants, Jinjuu.



SSAMJANG
P. 67



**KOREAN
CHICKEN
SKEWERS**
P. 68





**MUSHROOM
& SHRIMP
PANCAKES**
P. 68

**KOREAN
BBQ SHORT
RIBS** P. 67

**SHARE
THE LOVE**

Judy Joo's recipes are simple enough for weeknight meals and perfect for entertaining too. In fact, it's a great excuse to have friends over—have each guest bring one of these dishes and get a real taste of authentic Korean home cooking.



PAN-FRIED COD
WITH GREEN
MISO-TAMARI
SAUCE

"I WAS BORN INTO A FOOD-OBSESSED FAMILY, WITH A MOTHER WHO COOKED EVERYTHING FROM SCRATCH. I WAS CONSTANTLY SURROUNDED BY AUTHENTIC KOREAN FOOD."

PAN-FRIED COD WITH GREEN CHILE-TAMARI SAUCE (GOCHU GANJANG DASSU GUK)

ACTIVE: 30 min TOTAL: 30 min

The sauce for this super-simple fish gets a kick from the chile. Judy serves a version at her restaurant, Jinjuu, and it is always a hit. Pair with brown rice and steamed greens.

- 1/4 cup reduced-sodium tamari
- 3 tablespoons turbinado sugar
- 3 tablespoons rice vinegar
- 1 tablespoon water
- 3 tablespoons extra-virgin olive oil, divided
- 2 cloves garlic, finely chopped
- 1 green Korean chile (see page 69) or jalapeño, seeds removed, if desired, and finely chopped
- 1 tablespoon toasted sesame oil
- 1 1/2 pounds cod, cut into 4 portions
- 1/4 teaspoon ground pepper
- Black sesame seeds for garnish
- Scallion curls for garnish (see Tip)

1. Whisk tamari, sugar, vinegar and water in a small bowl. Heat 1 tablespoon olive oil in a small saucepan over medium heat. Add garlic and chile (or jalapeño); cook, stirring, for 1 minute. Stir in the tamari mixture. Reduce heat to maintain a gentle simmer and cook until slightly thickened and reduced by about half, 8 to 12 minutes.
2. Remove from heat and whisk in sesame oil. Cover to keep warm.
3. Heat the remaining 2 tablespoons olive oil in a large nonstick skillet over medium-high heat until shimmering, but not smoking. Pat cod dry and season with pepper. Cook, skinned-side down, until golden, 2 to 3 minutes. Turn and cook until flaky and opaque, 2 to 3 minutes more. Serve the fish with the sauce spooned on top, garnished with sesame seeds and scallion curls, if desired.

SERVES 4: 4 oz. fish & 2 Tbsp. sauce each

CAL 268 / FAT 14G (SAT 2G) / CHOL 56MG / CARBS 12G / TOTAL SUGARS 10G (ADDED 10G) / PROTEIN 20G / FIBER 0G / SODIUM 770MG / POTASSIUM 302MG.

TIP: To make scallion curls, cut scallions lengthwise into very thin strips. Soak the strips in ice water until curled. Drain before using.

SEAWEED SOUP (MIYUK GUK)

ACTIVE: 20 min TOTAL: 1 hr 5 min

According to a Korean old wives' tale, slurping this soup spurs postpartum healing in new mothers and fortifies their breast milk to help make their babies strong. Serve with bowls of brown rice to add to the soup as you wish.

- 1 ounce miyuk (see page 69), cut into bite-size pieces (about 2 cups)
- 8 ounces boneless, skinless chicken thighs, trimmed and cut into bite-size strips
- 6 cloves garlic, grated
- 2 tablespoons reduced-sodium tamari
- 3 teaspoons toasted sesame oil, divided
- 8 cups low-sodium chicken broth
- Sesame seeds for garnish

1. Soak miyuk in a large bowl of cold water for about 30 minutes. Rinse two or three times and drain. Cut into bite-size pieces, if necessary.
2. Toss chicken in a large bowl with garlic, tamari and 2 teaspoons oil. Let marinate at room temperature for 15 minutes.
3. Heat the remaining 1 teaspoon oil in a large heavy pot over medium-high heat. Add the chicken and cook, stirring often, until no longer pink on the outside, about 1 minute. Add the drained miyuk and cook, stirring often, for 3 minutes more.
4. Add broth; bring to a boil over high heat, skimming off any foam that rises to the top. Reduce heat to maintain a simmer and cook for 30 minutes. Serve sprinkled with sesame seeds, if desired.

SERVES 8: 1 cup each

CAL 110 / FAT 5G (SAT 1G) / CHOL 19MG / CARBS 5G / TOTAL SUGARS 0G (ADDED 0G) / PROTEIN 11G / FIBER 1G / SODIUM 497MG / POTASSIUM 424MG

KOREAN BBQ SHORT RIBS (GALBI)

ACTIVE: 30 min TOTAL: 2 1/2 hrs

(including 2 hrs marinating time)

TO MAKE AHEAD: Marinate ribs for up to 1 day (Step 1).

The longer you marinate these sweet-and-savory ribs, the better. Look for flanken-cut short ribs in the meat department—or ask your

butcher to cut them for you. If you can't find perilla or shiso leaves, the wraps are still delicious without them. (Photo: page 65.)

RIBS

- 1 large Asian pear or 2 firm ripe pears, peeled and grated
- 3 cloves garlic, grated
- 3 tablespoons reduced-sodium tamari
- 2 tablespoons toasted sesame oil
- 1 tablespoon packed brown sugar
- 2 teaspoons grated fresh ginger
- 1/4 teaspoon ground pepper
- 6 bone-in flanken-cut beef short ribs (about 1 1/2 pounds), trimmed

FOR SERVING

- 12 small lettuce leaves
- 12 perilla leaves (see page 69)
- 3 cups cooked brown rice
- 1/4 cup Ssamjang (recipe follows)
- Kimchi for garnish

1. To marinate ribs: Combine pear, garlic, tamari, oil, sugar, ginger and pepper in a medium bowl, stirring until the sugar dissolves. Add ribs and massage the marinade into them. Cover and refrigerate, stirring occasionally, for at least 2 hours or up to 1 day.

2. To grill ribs: Preheat grill to high.

3. Lightly oil the grill rack. Shake any excess marinade off the ribs. Grill, without crowding, 30 to 45 seconds per side for rare, or longer if desired. Let rest on a clean cutting board for 5 minutes, then cut each in half.

4. To serve: Assemble 12 lettuce wraps with 1 perilla leaf, 1/4 cup rice, one piece of meat and 1 teaspoon Ssamjang each. Garnish with kimchi, if desired.

SERVES 4: 3 wraps each

CAL 514 / FAT 22G (SAT 8G) / CHOL 79MG / CARBS 45G / TOTAL SUGARS 6G (ADDED 4G) / PROTEIN 32G / FIBER 5G / SODIUM 621MG / POTASSIUM 495MG

SSAMJANG

ACTIVE: 5 min TOTAL: 5 min

TO MAKE AHEAD: Refrigerate for up to 1 week.

One taste of this sauce and it'll become a refrigerator staple. Smear on lettuce wraps or serve with grilled meat. (Photo: page 64.)

- 1/2 cup doenjang (see page 69)
- 1/4 cup mirin
- 3 tablespoons gochujang
- 2 tablespoons toasted sesame seeds
- 2 teaspoons toasted sesame oil
- 1 clove garlic, grated

Combine doenjang, mirin, gochujang, sesame seeds, oil and garlic in a small bowl.

MAKES: 1 cup (1 Tbsp. serving)

CAL 41 / FAT 2G (SAT 0G) / CHOL 0MG / CARBS 5G / TOTAL SUGARS 3G (ADDED 1G) / PROTEIN 1G / FIBER 1G / SODIUM 300MG / POTASSIUM 5MG

KOREAN CHICKEN SKEWERS

(Pajeon)

ACTIVE: 35 min **TOTAL:** 1 hr 35 min
(including 1 hr marinating time)

TO MAKE AHEAD: Marinate chicken (Step 1) for up to 1 day.

EQUIPMENT: Eight 12-inch metal or bamboo skewers

Skewers are popular Korean street food. This marinade adds flavor, fast, to pieces of chicken thighs. (Photo: page 64.)

- 2 tablespoons mirin
- 1 tablespoon reduced-sodium tamari
- 1 tablespoon toasted sesame oil
- 1 large clove garlic, grated
- 1 pound boneless, skinless chicken thighs, trimmed and cut crosswise into 24 strips (¾ inch wide)
- 12 large shiitake mushrooms, stemmed and halved
- 24 3-inch-long pieces scallion (from 2 3 bunches), white & light green parts only
- 2 tablespoons canola oil
- ¼ teaspoon kosher salt
- 6 tablespoons Ssamjang (page 67)

1. Combine mirin, tamari, sesame oil and garlic in a large bowl. Add chicken and toss to coat. Cover and marinate in the refrigerator, stirring occasionally, for at least 1 hour and up to 1 day.

2. Preheat grill to medium.

3. Toss mushrooms and scallions with canola oil and salt in a medium bowl. Thread scallions, chicken and mushrooms alternately onto each of 8 skewers, allowing a little space between each ingredient for even cooking.

4. Oil the grill rack. Grill the skewers, turning once, until the vegetables and chicken are charred and cooked through, 5 to 6 minutes total. Serve with Ssamjang.

SERVES 4: 2 skewers & 1½ Tbsp. sauce each

CAL 329 / FAT 19G (SAT 3G) / CHOL 76MG / CARBS 14G / TOTAL SUGARS 7G (ADDED 4G) / PROTEIN 25G / FIBER 3G / SODIUM 686MG / POTASSIUM 418MG

MUSHROOM & SHRIMP

PANCAKES (Pajeon)

ACTIVE: 40 min **TOTAL:** 40 min

Pajeon, a crispy, savory pancake chock-full of vegetables and seafood, is one of the most popular Korean dishes. Serve with a dipping sauce: Combine ¼ cup reduced-sodium tamari, 1½ Tbsp. rice vinegar and 1 Tbsp. toasted sesame oil with a pinch of toasted sesame seeds, gochugaru and sliced scallions. (Photo: page 65.)

- ¾ cup rice flour
- 6 tablespoons self-rising flour
- 2 tablespoons doenjang (see page 69)
- ½ teaspoon ground pepper
- ¼ teaspoon kosher salt
- 1½ cups cold water
- 5 large oyster mushrooms, chopped into ¼-inch pieces

- 5 scallions, thinly sliced
- 4 ounces raw shrimp (about 4 large), peeled, deveined and chopped
- 2 large cloves garlic, grated
- 2 red Korean chiles or Fresno chiles, julienned
- 1 green Korean chile or jalapeño, julienned
- 2 tablespoons extra-virgin olive oil, divided

1. Whisk rice flour, self-rising flour, doenjang, pepper and salt in a large bowl. Add water and whisk until smooth. Stir in mushrooms, scallions, shrimp, garlic and red and green chiles.

2. Heat 1½ teaspoons oil in a large nonstick skillet over medium-high heat until shimmering but not smoking. Spoon one-fourth of the batter (about ¾ cup) into the hot oil. Spread evenly to make a 6-inch pancake. Cook until golden brown and crispy, 1 to 3 minutes per side. Transfer to a paper-towel-lined plate. Repeat with the remaining oil and batter in three more batches.

3. Cut the pancakes into wedges. Serve warm with the dipping sauce (see headnote), if desired.

SERVES 4: 1 pancake each

CAL 319 / FAT 9G (SAT 1G) / CHOL 40MG / CARBS 47G / TOTAL SUGARS 1G (ADDED 0G) / PROTEIN 15G / FIBER 6G / SODIUM 502MG / POTASSIUM 950MG

SWEET POTATO NOODLES WITH TOFU & VEGETABLES

(Japchae)

ACTIVE: 1¼ hrs **TOTAL:** 1¼ hrs

TO MAKE AHEAD: Refrigerate grilled tofu (Steps 1-3) and sauce (Step 5) separately for up to 1 day; bring to room temperature before combining with noodles (Step 8).

Japchae noodles are a serious crowd-pleaser. Tossed with stir-fried seasonal vegetables, they are a colorful and filling dish. Wild garlic, native to Asia and Europe, is related to chives—look for it in Asian markets. (Photo: page 64.)

TOFU

- 1 14-ounce package firm or extra-firm water-packed tofu
- 2 teaspoons canola oil
- ¼ teaspoon kosher salt
- ¼ teaspoon ground pepper

EGGS

- 1 teaspoon canola oil
- 2 large eggs
- 1 tablespoon water
- Pinch of kosher salt

SAUCE

- ¼ cup packed brown sugar
- ¼ cup crushed toasted sesame seeds
- ¼ cup toasted sesame oil
- 2 tablespoons reduced-sodium tamari

NOODLES

- 12 ounces dangmyun (see page 69) or cellophane noodles
- 2 tablespoons reduced-sodium tamari

VEGETABLES

- 1 tablespoon canola oil

- 1 medium red onion, thinly sliced
- 8 mixed-color baby carrots, quartered lengthwise
- 12 thin spears broccolini (or 6 halved lengthwise, if thick), trimmed
- 4 stalks red chard, leaves sliced and stalks cut into ½-inch pieces
- 2 cups snap peas (6 ounces), halved diagonally
- 12 oyster mushrooms, thinly sliced
- ⅓ cup wild garlic leaves or chopped fresh chives

Scallion curls for garnish
(see Tip, page 67)

Black sesame seeds for garnish

1. To prepare tofu: Preheat grill to medium-high.

2. Drain tofu and place on a paper-towel-lined plate. Cover with another paper towel and weight with another plate. Let drain for 10 to 15 minutes. Pat the tofu dry and cut crosswise into ½-inch-thick slices. Pat dry again and cut each slice on the diagonal to make triangle shapes. Brush with 2 teaspoons canola oil and season with ¼ teaspoon each salt and pepper.

3. Oil the grill rack. Grill the tofu until charred in spots, about 2 minutes per side. Set aside.

4. To prepare eggs: Heat 1 teaspoon canola oil in a large nonstick skillet over medium heat. Lightly beat eggs, water and salt in a small bowl. Add to the pan, swirling to evenly coat the bottom. Cook, without stirring, until set around the edges, about 2 minutes. Flip and continue to cook until the bottom is set, but not browned, 15 to 20 seconds. Slide onto a cutting board. Let cool slightly, then roll into a log and cut crosswise into thin strips; set aside. Wipe out the pan.

5. To prepare sauce: Combine sugar, sesame seeds, sesame oil and tamari in a small bowl, stirring until the sugar dissolves. Set aside.

6. To prepare noodles: Bring a large pot of water to a boil. Add noodles and cook according to package directions. Drain; rinse with cold water and drain well. Transfer to a large bowl; toss with tamari.

7. To prepare vegetables: Heat canola oil in the skillet over medium-high heat. Add onion and carrots and cook, stirring often, until slightly softened, 3 to 4 minutes. Add broccolini and chard stalks; cook, stirring often, until slightly softened, 3 to 4 minutes more. Add snap peas and mushrooms, then add chard leaves a handful at a time, tossing with the other ingredients and adding more as the leaves wilt. Add garlic leaves (or chives) and cook, stirring often, until wilted, about 2 minutes.

8. Add the vegetables to the noodles. Add the reserved egg and the sauce and gently toss to combine. Transfer to a platter. Top with the reserved tofu. Serve garnished with scallion curls and black sesame seeds, if desired.

SERVES 6: 2½ cups each

CAL 507 / FAT 22G (SAT 3G) / CHOL 62MG / CARBS 67G / TOTAL SUGARS 13G (ADDED 9G) / PROTEIN 13G / FIBER 4G / SODIUM 658MG / POTASSIUM 486MG



BUILD YOUR KOREAN PANTRY

1 **Gochugaru** is ground dried Korean chilies.

2 **Ssamjang** is a thick, spicy paste typically served with lettuce wraps. You can buy it or make it yourself (see recipe, page 67).

3 The bright red, fiery chile paste **gochujang** is the quintessential Korean condiment.

4 **Doenjang** is a flavorful paste that, like miso, is made from fermented soybeans.

5 **Miyuk** (also labeled sea mustard or wakame) is a type of wrinkly brown seaweed, widely enjoyed by Koreans in soup. It's often sold pre-cut into strips and expands greatly as it soaks in liquid.

6 **Perilla leaves** are slightly thick and minty tasting, often used in place of lettuce to wrap up foods in Korean cooking. **Shiso** or even large mint leaves make a good substitute.

7 **Dangmyun** are naturally gluten-free, chewy noodles made from sweet potato starch.

8 Fresh **Korean chiles** can be green or red. Related to Thai chiles, they are medium-spicy.

WHERE TO BUY IT

Look for these ingredients at Asian markets, well-stocked supermarkets and natural foods stores or online. 📖



From late April to mid-June
the farmers of Vidalia, Georgia,
harvest 200 million pounds of their
famous crop. Here's how a sweet
alchemy of climate, soil conditions
and marketing smarts created
America's favorite onion.

By Susan Puckett

RECIPES BY VIRGINIA WILLIS

NO ORDIN

Moses Coleman planted his first onion seeds near the city of Vidalia in 1931. When he tasted his new crop it was sweet—not hot. Little did he imagine that his accidental discovery would change the fate of Delbert Bland (shown here) and many other farmers throughout the region.

Chef Hugh Acheson leans over the line in the kitchen of his first Athens, Georgia, restaurant, 5&10, keeping a watchful eye on the giant pot heating on the range top. As the butter in the bottom begins to froth and bubble, the former Top Chef judge drops in some thinly sliced Vidalia onions for a batch of onion jam. Once finished, the jam will be ladled into Mason jars and given as gifts at a benefit dinner.

Though born in Canada, Acheson lived in South Carolina during his teens—close enough to Vidalia country to get an early taste. “I remember thinking that they were very sweet and not acrid or bitter or hot at all. I had always liked raw onions, more as a rite of passage than actual adoration, but Vidalias made me adore.”

It's the soil, climate and weather conditions—the terroir—particular to the 20-county growing region in southeast Georgia that gives the Vidalia (pronounced *vah-DALE-ya*) onion its distinctive taste. The magic happens in the sandy soil, where short, mild winter days coax those emerald shoots through the ground and regular rainfall washes out the sulfuric compounds that develop

the pungent-tasting, tear-inducing pyruvic acid in the bulb, allowing the sweet flavor notes to shine.

During their peak season from late April through September, Vidalias ship to every corner of North America. In Georgia, restaurants will serve their state vegetable with extra pride. At Acheson's restaurants in Athens, Atlanta and Savannah, the onions will be charred and dressed with pecan romesco sauce; shaved raw and served with mango and prosciutto; melded into velouté with rye bread and country ham. “It's not like they are ultimately better than a Maui sweet or another sweet onion,” Acheson says. “But they are *my* onion. They come from my state and they have a special spot in my heart.”

But besides local pride and their taste of place, Vidalias' sweet success has just as much to do with the people who grow them, with their own special blend of agricultural smarts, political will and homespun marketing savvy.

Turn the page to meet some of the innovators and farmers connected to the past, present and future of the Vidalia.

ARY ONION



HERB-
ROASTED
VIDALIA
ONIONS
P. 78

LOCATION
PHOTOGRAPHY BY
**NICK
BURCHELL**

STYLING
**HELEN
NORMAN**

THE VISIONARY

DELBERT BLAND
GLENNVILLE, GEORGIA

Delbert Bland started growing Vidalias in 1982 to help his father, Raymond, on the family's 50-acre farm near Glennville.

"A few guys were growing Vidalias then, but they weren't a big deal yet," he says. "Since our tomato crops were failing, I talked Dad into switching to onions."

The first five acres they planted were a flop. But they learned as they went along. While the elder Bland concentrated on the crops, his gregarious only son focused on sales. An article in the *Wall Street Journal* referring to Vidalias as "the caviar of onions" prompted him to borrow his mother's car and drive north to drum up interest in major cities along the way. The Dominick's supermarket chain store in Chicago was his first big customer.

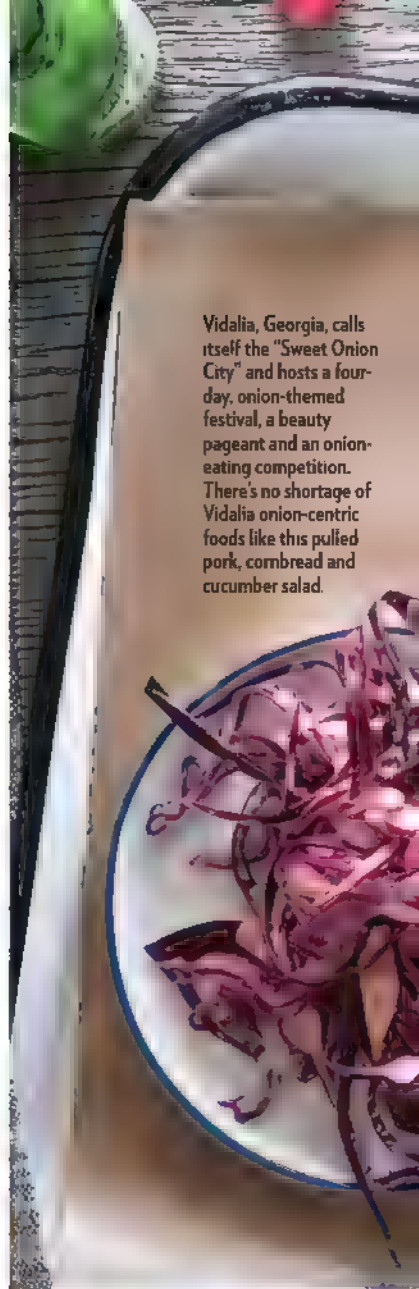
The real game changer, though, was a mail-order advertisement Bland placed in *Southern Living* magazine featuring a photo of his 3-year-old son biting into a whole Vidalia as if it were an apple. In

no time the orders flooded in. His wife, Sandra, a registered nurse, took over the catalog business and eventually put together several cookbooks to sell to customers on the mail-order list. Bland even coined the phrase "They only make you cry when they're gone" a company slogan that's been repeated countless times since.

As his company grew, Bland became politically active with other growers to seek state and federal protection against "bootleggers" labeling inferior onions grown elsewhere as Vidalias, threatening to tarnish the real Vidalia's sweet reputation. The Georgia legislature set boundaries for the growing area that could legally use the Vidalia name: 13 counties and parts of seven others. In 1990, the Vidalia became Georgia's official vegetable.

The Vidalias that grow on Bland Farms's 3,000 acres today are sold in some 400 cities all over the U.S. and in much of Canada.

Vidalia, Georgia, calls itself the "Sweet Onion City" and hosts a four-day, onion-themed festival, a beauty pageant and an onion-eating competition. There's no shortage of Vidalia onion-centric foods like this pulled pork, cornbread and cucumber salad.





Pulled Pork Tenderloin with Vidalia Onion BBQ Sauce

ACTIVE: 10 min **SLOW-COOKER TIME:** 4–8 hrs

TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.

EQUIPMENT: 5- to 6-quart slow cooker

A slow cooker transforms pork tenderloin into moist and tender meat ready for shredding. Serve it as part of a BBQ platter with pickles and cornbread or pile it on a soft bun to make a delightfully messy sandwich.

- 2 medium sweet onions (about 1 pound), preferably Vidalia, sliced
 - 2 1-pound pork tenderloins, trimmed
 - 1 teaspoon ground pepper
 - 2 cups Vidalia Onion BBQ Sauce or other barbecue sauce
1. Place onions in a 5- to 6-quart slow cooker. Add pork, season with pepper and top with sauce.

Cook on High for 4 hours or Low for 8 hours.
2. Using 2 forks, shred and pull the pork into strips. Stir the pork into the sauce.

SERVES 8: 1 cup each

CAL 223 / FAT 3G (SAT 1G) / CHOL 70MG / CARBS 25G / TOTAL SUGARS 17G (ADDED 12G) / PROTEIN 24G / FIBER 2G / SODIUM 492MG / POTASSIUM 705MG

Vidalia Onion BBQ Sauce

ACTIVE: 20 min **TOTAL:** 50 min

TO MAKE AHEAD: Refrigerate for up to 5 days or freeze for up to 3 months.

Use this sweet and tangy sauce to make pulled pork or slather it on chicken or even on a burger instead of plain old ketchup.

- 1 tablespoon canola oil
- 2 medium sweet onions (about 1 pound), preferably Vidalia, grated

- 2½ cups ketchup
- ½ cup cider vinegar
- ¼ cup honey
- 2 tablespoons lemon juice
- 2 tablespoons Worcestershire sauce
- 2 tablespoons Dijon mustard
- ½ teaspoon ground pepper
- Pinch of cayenne pepper, or to taste

Heat oil in a large saucepan over medium heat. Add onions and cook, stirring often, until translucent, 3 to 5 minutes. Add ketchup, vinegar, honey, lemon juice, Worcestershire, mustard, pepper and cayenne. Bring to a boil over high heat. Reduce heat to maintain a low simmer and cook, stirring occasionally, for 30 minutes.

MAKES: 4 cups sauce (2 Tbsp. serving)

CAL 41 / FAT 0G (SAT 0G) / CHOL 0MG / CARBS 10G / TOTAL SUGARS 7G (ADDED 6G) / PROTEIN 0G / FIBER 0G / SODIUM 216MG / POTASSIUM 95MG



Georgia Chef Steven Satterfield grew up on creamy crab and Vidalia dip often served at parties in Savannah. Today at his restaurant Miller Union in Atlanta he marries creamy with onion in this tangy goat cheese, grilled Vidalia and peach salad.

Steven Satterfield's Grilled Vidalia Onion, Peach & Arugula Salad

ACTIVE: 30 min TOTAL: 30 min

TO MAKE AHEAD: Refrigerate dressing (Step 3) for up to 5 days

A raw onion, no matter how sweet it may be, will benefit from some doctoring. Seasoning with salt or preparing with an acid like vinegar can help temper the strong flavor, and cooking really amps up the natural sugars. For this salad, Satterfield grills the onion in large wedges so the edges are crispy and the centers are soft and sweet.

ONION & SALAD

- 1 large sweet onion (about 1 pound), preferably Vidalia
- 2 tablespoons extra-virgin olive oil
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{1}{4}$ teaspoon ground pepper
- 8 cups gently packed arugula leaves (5 ounces)
- 2 ripe peaches, thinly sliced
- 4 ounces goat cheese

VINAIGRETTE

- $\frac{2}{5}$ cup extra-virgin olive oil
- $\frac{1}{4}$ cup champagne vinegar
- 2 teaspoons grated lemon zest
- 3 tablespoons lemon juice
- 1 small clove garlic, finely grated
- 1 tablespoon honey
- 1 teaspoon Dijon mustard
- 1 teaspoon chopped fresh thyme
- 1 teaspoon sea salt
- $\frac{1}{2}$ teaspoon ground pepper

1. **To prepare onion:** Preheat grill to high.
2. Peel onion, leaving root intact, then cut into eighths through the root end to make uniform wedges that are still held together at the base. Toss the wedges in a small bowl with 2 tablespoons oil and $\frac{1}{4}$ teaspoon each salt and pepper. Grill, turning often, until lightly charred, 8 to 10 minutes total. Transfer to a plate to cool, then trim root ends.
3. **To prepare vinaigrette:** Combine oil, vinegar, lemon zest and juice, garlic, honey, mustard, thyme, salt and pepper in a jar with a lid. Cover and shake until well combined.
4. **To assemble salad:** Place arugula in a large bowl and toss with $\frac{1}{5}$ cup of the vinaigrette. (Refrigerate the rest for up to 5 days.) Divide the arugula among 4 plates. Top with peaches, goat cheese and the onions.

SERVES 4: 2 cups each

CAL 318 / FAT 23G (SAT 7G) / CHOL 13MG / CARBS 21G / TOTAL SUGARS 13G (ADDED 1G) / PROTEIN 8G / FIBER 4G / SODIUM 433MG / POTASSIUM 457MG



THE FREE SPIRIT

RELINDA WALKER
SYLVANIA, GEORGIA

Many Vidalia growers devote at least a small portion of their fields to organic onions to meet customer demand. They're so prone to weeds, disease and pests, though, they are, at best, a loss leader. Relinda Walker knew those risks when she added sweet onions to the organic crops she'd begun planting on her family's 125-acre farm in 2002.

But she never set out to compete with the Vidalia industry. "I came into this with a mission—not a business plan," Walker thought she'd left the farm life for good when after college she landed in New York as an executive in the tech industry. She developed a passion for locally grown food in the Hudson Valley where she lived and on frequent business trips to France. When she attended a book reading by Joan Dye Gussow, the author of *This Organic Life: Confessions of a Suburban Homesteader*, Gussow inscribed Walker's copy with the words, "Follow me on this green path."

Inspired, Walker moved back to Georgia and eventually started growing organic sweet onions. Bland Farms gave her some of their old equipment to get started. In exchange, she grew seedlings for their fledgling organic division. She continues to sell those seedlings to growers who want to plant them outside the region and give them a different label, knowing the flavor may not be as sweet as a true Vidalia.

Walker skips the registration process that would allow her to call her own onions Vidalias, she says, opting for "Relinda's Sweet Onions." She'd rather have the freedom to play by her own rules, growing heirloom varieties that aren't approved for Vidalia farmers to choose from.

Ultimately, that hasn't been enough to sustain her financially. This year she'll harvest one last crop, she says, before trying something new—hopefully in the good food movement, she says, "but more in the spirit of contributing."



“THE GREAT THING ABOUT THE VIDALIA IS THAT IT’S BUILT AROUND LOCAL FARMERS WHO’VE DONE A GREAT JOB GROWING AN EXCELLENT PRODUCT AND GETTING THE WORD OUT.”

Vidalia Onion Tart

ACTIVE: 1½ hrs **TOTAL:** 7¾ hrs

TO MAKE AHEAD: Refrigerate onions (Steps 1–2) for up to 1 day; bring to room temperature before assembling tart.

EQUIPMENT: Parchment paper

This simple tart has a sweet and salty filling of caramelized Vidalias and feta cheese. The light phyllo crust gives it a rustic, casual feel. The tart can be served warm or even at room temperature as a main course with a salad. Cut into smaller pieces if you’d like to serve it as an appetizer.

- 1½ tablespoons extra-virgin olive oil plus 2 tablespoons, divided
- 1½ pounds sweet onions (about 3 medium), preferably Vidalia, sliced
- ½ teaspoon packed dark brown sugar
- ¾ teaspoon ground pepper, divided
- ½ teaspoon kosher salt, divided
- ¼ cup dry red wine
- 1 large egg
- 1 tablespoon chopped fresh thyme plus 1 teaspoon, divided, and more for garnish
- ¼–½ teaspoon crushed red pepper
- 20 sheets phyllo dough (9-by-14-inch), thawed per package directions
- 2 tablespoons butter, melted
- ½ cup crumbled feta cheese

1. Heat 1½ teaspoons oil in a large skillet over medium heat. Add onions, brown sugar, ½ teaspoon pepper and ¼ teaspoon salt. Cook, stirring

occasionally and scraping up any browned bits, until the onions are light brown and soft, 15 to 20 minutes.

2. Add wine and bring to a simmer, stirring and scraping. Reduce heat to medium-low and cook, stirring occasionally, until the wine is reduced and the onions are golden brown, 20 to 25 minutes more.

3. Preheat oven to 400°F. Line a large rimmed baking sheet with parchment paper.

4. Transfer the onions to a medium bowl and stir in egg, 1 tablespoon thyme, crushed red pepper to taste and the remaining ¼ teaspoon each salt and pepper.

5. Lay a sheet of phyllo on the prepared pan. Keep the remaining phyllo covered with plastic wrap and a damp kitchen towel. Combine butter and the remaining 2 tablespoons oil in a small bowl. Lightly brush (or dab) the phyllo with the mixture using a pastry brush. Repeat, layering and brushing the remaining phyllo.

6. Spread the onion mixture evenly over the phyllo, leaving a ¾-inch border around the edges. Carefully roll the edges up to form the outer rim of the tart. Sprinkle with feta and the remaining 1 teaspoon thyme.

7. Bake the tart until the crust is brown and crispy, 25 to 30 minutes. Let cool on a wire rack for 5 minutes. Serve warm, garnished with more thyme, if desired.

SERVES 6: 1 piece each (3½-inch square)

CAL 301 / **FAT** 16G (SAT 6G) / **CHOL** 52MG / **CARBS** 32G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 7G / **FIBER** 3G / **SODIUM** 475MG / **POTASSIUM** 235MG

KNOW YOUR SWEET ONIONS

Vidalias capture 62 percent of sweet onion sales when in season, but other varieties are interchangeable and available all year. Choose firm onions with outer skin that is dry and papery; avoid bruised or sprouting onions. Store in a cool, dark place for up to 1 month. —Lucy M. Casale

Vidalia The Granex seed is known as the Vidalia onion only when it’s grown in the Vidalia growing region. The same variety grown in Hawaii is called Maui sweet. Available: April–September

Oso Sweet With one-third more sugar than other sweet onions, Oso Sweets dominate the sweet onion category during winter when they’re harvested in Chile in the foothills of the Andes. They’re also grown in Texas for a spring harvest. Available: January–May

Sweet Imperial In the loamy desert soil of Southern California’s Imperial Valley, these onions grow in ideal conditions. The area shows its pride with an Imperial Sweet Onion Festival held each April. Available: April–June

Texas Supersweet Named for their optimum planting date, October 15, Grano 1015Y seeds produce these South Texas onions, nicknamed “Mirion Dollar Baby” for the time and money Texas A&M University spent developing them. Available: March–June

Walla Walla Sweet Grown in Washington State’s Walla Walla County, this onion has a storied past: A French soldier brought the seed from Italy and started an onion cooperative—the Walla Walla Gardeners’ Association—in 1916. Available: June–August

Bermuda Due to low yields, Bermuda onions are no longer favored by commercial growers. Still, these sweet onions, originally grown on the island of Bermuda, remain a favorite of home gardeners and market growers. Available: May–June

THE FUTURE

ARIES HAYGOOD
LYONS, GEORGIA

Aries Haygood represents the new breed of Vidalia farmer. Though he grew up in Vidalia, he'd never seen an onion in the field until he met Megan, daughter of Terry Collins, co-founder of M & T Farms in Lyons.

"I married into it," he says. After a stint selling insurance, he traded in his dress shoes for work boots to help his father-in-law run the farm, which sits on about 450 acres rimmed in pecan trees and pines.

This year, he harvests his first tiny crop of organic onions. Aside from demand, he believes that, environmentally, it's the right direction to be headed in though not without challenges.

"I spent \$3,000 to weed one acre of organic onions, compared to the \$150 it costs to weed an acre of conventional ones," he says. "I'm going to lose money on it, but it's a learning experience."

Haygood feels a generational shift will work in his favor. "The generation that built Vidalia is between 50 and 80. I am 34 years old and I am thinking - what makes my wife want to buy an onion? What do we want to market?"

He adds: "The great thing about the Vidalia is that it's built around local farmers who've done a great job growing an excellent product and getting the word out. And they have been rewarded with customers who keep saying, 'We want more.'"





Buttermilk Cornbread with Vidalia Onions

ACTIVE: 15 min **TOTAL:** 1 hr 10 min

TO MAKE AHEAD: Store airtight at room temperature for up to 2 days.

This savory cornbread looks similar to an upside-down cake. To make it special, artfully arrange the sautéed onions in the pan before pouring the batter in.

- 3 tablespoons corn or canola oil, divided
- 1 medium sweet onion (about 6 ounces), preferably Vidalia, sliced
- 2 cups whole-grain cornmeal, fine- to medium-ground
- 1 teaspoon baking soda
- $\frac{3}{4}$ teaspoon sea salt
- 2 cups buttermilk
- 1 large egg

1. Preheat oven to 350°F
2. Heat 1 tablespoon oil in a 10-inch cast-iron skillet over medium-high heat. Use a pastry brush to spread the oil over the bottom and up

the sides. When the pan is very hot, add onion and cook, without stirring, until golden brown and even lightly charred on the bottom, 3 to 5 minutes. Drizzle in 1 tablespoon oil and stir so the browned onion is on top and unbrowned onion is on the bottom. Remove from heat.

3. Meanwhile, whisk cornmeal, baking soda and salt in a large bowl. Whisk buttermilk, egg and the remaining 1 tablespoon oil in a large measuring cup. Add the wet ingredients to the dry ingredients and stir to combine. Slowly pour the batter over the onion.

4. Bake the cornbread until golden brown, 35 to 45 minutes. Run a knife around the edge of the pan to loosen it. Let cool on a wire rack for at least 15 minutes. Place a cutting board over the pan. Wearing oven mitts, turn the pan over to release the cornbread onto the board. Cut into 12 slices.

SERVES 12: 1 slice each

CAL 134 / FAT 5G (SAT 1G) / CHOL 17MG / CARBS 19G / TOTAL SUGARS 3G (ADDED 0G) / PROTEIN 4G / FIBER 2G / SODIUM 334MG / POTASSIUM 153MG.

Vidalia Onion & Cucumber Salad

ACTIVE: 5 min **TOTAL:** 20 min

TO MAKE AHEAD: Refrigerate for up to 1 day.

For this old-fashioned Southern salad, thin slices of cucumber and onion marinate just long enough to develop a touch of tanginess without any sharp bite. It lends balance to sweet dishes like barbecue. (Photo: pages 1 & 73.)

- 1 English cucumber (about 11 ounces)
- $\frac{1}{2}$ medium sweet onion, preferably Vidalia
- 2 tablespoons rice vinegar
- 2 tablespoons chopped fresh dill
- $\frac{1}{2}$ teaspoon sea salt
- $\frac{1}{2}$ teaspoon ground pepper

1. Using a vegetable peeler, shave off alternating strips of cucumber to create a striped effect. Thinly slice the cucumber and place in a bowl.

2. Cut the onion very thinly crosswise with a knife or mandoline. Add to the cucumber. Drizzle with vinegar. Add dill, salt and pepper and gently stir to combine. Let stand for 15 minutes to briefly marinate. Gently stir again before serving.

SERVES 6: $\frac{1}{2}$ cup each

CAL 12 / FAT 0G (SAT 0G) / CHOL 0MG / CARBS 3G / TOTAL SUGARS 1G (ADDED 0G) / PROTEIN 1G / FIBER 1G / SODIUM 184MG / POTASSIUM 102MG.

Herb-Roasted Vidalia Onions

ACTIVE: 10 min **TOTAL:** 40 min

Here's a great way to show off Vidalia onions. Pan-roasting them in halves enhances their sweetness while leaving the layers intact. Serve as a side dish for anything from grilled meats to a barbecued chicken. (Photo: page 71.)

- 2 tablespoons butter
- 3 medium sweet onions (about 1 $\frac{1}{2}$ pounds), preferably Vidalia, halved
- 2 fresh bay leaves
- 8 sprigs fresh thyme, plus more for garnish
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{2}$ teaspoon ground pepper
- $\frac{1}{4}$ cup low-sodium chicken broth

1. Preheat oven to 350°F

2. Heat butter in a 10-inch cast-iron or heavy-bottomed stainless-steel skillet over medium-high heat until lightly browned, 1 to 2 minutes. Add onions, cut-side down. Place bay leaves and thyme in the spaces between the onions so the herbs will flavor the butter. Cook until the onions are dark brown on the bottom, 3 to 5 minutes. Turn them over and season with salt and pepper. Add broth. Cover with foil and transfer the pan to the oven.

3. Bake the onions until very tender, about 30 minutes. Serve immediately, with the pan sauce spooned on top. Garnish with more thyme, if desired.

SERVES 6: $\frac{1}{2}$ onion each

CAL 82 / FAT 4G (SAT 3G) / CHOL 10MG / CARBS 11G / TOTAL SUGARS 5G (ADDED 0G) / PROTEIN 2G / FIBER 2G / SODIUM 168MG / POTASSIUM 180MG.

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GF



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DESSERTS by Yossy

YOSSY AKEI GREW UP BAKING WITH HER MOTHER USING FRUIT FROM THEIR GARDEN. NOW THAT SHE LIVES IN BROOKLYN, SHE SCOURS FARMERS' MARKETS FOR THE SEASON'S BEST FRUIT TO SHOW OFF ON HER BLOG, *APT. 2B BAKING CO.*, AND IN HER COCKBOOK, *SWEETER OFF THE VINE*. SHE CREATED AND PHOTOGRAPHED THE FRUIT DESSERT RECIPES THAT FOLLOW. THANKS, YOSSY, FOR THIS INSPIRATION FOR THE SWEETEST SEASON.

POURTRAIT by
ALEX ALLSON



CRISP TOPPINGS OFTEN
CONTAIN SOME CHOPPED
NUTS FOR A BIT OF CRUNCH.
YOSSY USES POLENTA IN THIS
APRICOT-RASPBERRY CRISP FOR
AN UNEXPECTED TWIST.
(RECIPE ON PAGE 84)

Apricot-Strawberry Buckwheat Shortcakes

ACTIVE: 30 min TOTAL: 1½ hrs

TO MAKE AHEAD: Store shortcakes airtight at room temperature for up to 1 day.

EQUIPMENT: Parchment paper

These whole-grain shortcakes pair perfectly with any fruit filling. We prefer light buckwheat flour here over the darker variety—its milder flavor lets the fruit shine.

SHORTCAKES

- 1 cup white whole-wheat flour
- 1 cup light buckwheat flour
- 3 tablespoons granulated sugar
- 1 tablespoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- 5 tablespoons cold unsalted butter, cut into cubes
- 1 cup buttermilk
- ¼ cup heavy cream

FRUIT & CREAM

- 1 vanilla bean, split lengthwise, or 1 teaspoon vanilla extract
- 3 tablespoons granulated sugar, divided, plus more as needed
- 1½ pounds fresh apricots and/or strawberries, sliced (about 4 cups)
- 1 cup heavy cream

1. To prepare shortcakes: Preheat oven to 350°F. Line a large baking sheet with parchment paper.

2. Combine whole-wheat flour, buckwheat flour, 3 tablespoons sugar, baking powder, baking soda and salt in a large bowl. Cut in butter with a pastry blender or two

knives until it is the size of peas. Make a well in the mixture and pour in buttermilk and ¼ cup cream (don't wash the measuring cup yet). Stir gently to combine.

3. Turn the dough out onto a lightly floured surface and pat it into a rectangle about 1 inch thick. Fold the dough over itself and pat into a rectangle about 1 inch thick. Repeat one more time. Cut the dough into 10 equal-size shortcakes. Transfer to the prepared baking sheet. Brush with the dregs of cream left in the measuring cup.

4. Bake the shortcakes until golden and cooked through, 20 to 25 minutes. Transfer to a wire rack to cool.

5. To prepare fruit: About 30 minutes before serving, if using vanilla bean, use the tip of a paring knife to scrape the seeds into a large bowl. Add 2 tablespoons sugar and rub the seeds into it with your fingers. Add apricots and/or strawberries (and vanilla extract, if using instead of a bean); gently stir to combine. Let stand at room temperature for 30 minutes. Taste the fruit and add 1 to 2 tablespoons sugar, if desired.

6. To serve: Beat cream and the remaining 1 tablespoon sugar in a medium bowl with an electric mixer until soft peaks form. Slice each shortcake in half horizontally, top with ¼ cup fruit and some of the cream.

SERVES 10: 1 shortcake, ¼ cup fruit & 3 Tbsp whipped cream each

CAL 301 / FAT 18G (SAT 11G) / CHOL 57MG / CARBS 33G, TOTAL SUGARS 15G (ADDED 8G) / PROTEIN 5G / FIBER 3G / SODIUM 297MG / POTASSIUM 284MG

YOSSY TAPS THE NUTTINESS OF BUCKWHEAT FLOUR, TYPICALLY USED TO MAKE SOBA NOODLES, TO ADD ANOTHER LAYER OF FLAVOR TO THESE SHORTCAKES.



Variety Show

ATAULFO MANGOES, SOMETIMES CALLED CHAMPAGNE OR HONEY MANGOES, ARE YOSSY'S CHOICE FOR THIS PIE BECAUSE THEY'RE LESS FIBROUS AND MORE FLAVORFUL THAN THE MORE COMMON TOMMY ATKINS VARIETY.

Mango Lassi Pie

ACTIVE: 45 min **TOTAL:** 13¼ hrs (including 12 hrs freezing time)

TO MAKE AHEAD: Freeze, loosely covered, for up to 5 days.

EQUIPMENT: 9-inch pie pan (not deep-dish)

A lassi, India's version of a yogurt-based fruit smoothie, inspired this frozen pie. Use the ripest, juiciest mangoes you can find, and definitely don't skip the generous amount of cardamom and lime zest. Top with a dollop of whipped cream if you like.

CRUST

- 1¼ cups graham cracker crumbs (about 10 whole crackers)
- 4 tablespoons unsalted butter, melted
- 1 tablespoon granulated sugar
- ½ teaspoon kosher salt
- ¼ teaspoon lime zest

FILLING

- 1 pound chopped ripe mango, fresh or frozen (about 3 cups; thawed and drained, if frozen), plus more for garnish
- 1 cup low-fat plain Greek yogurt
- ¾ cup reduced-fat cream cheese
- ½ cup honey
- 1 teaspoon lime zest, plus more for garnish
- 1 tablespoon lime juice
- ¾ teaspoon ground cardamom
- Pinch of salt

1. Preheat oven to 350°F. Coat a 9-inch pie pan (not deep-dish) with cooking spray.
2. **To prepare crust:** Combine graham cracker crumbs, butter, sugar, ½ teaspoon salt and ¼ teaspoon lime zest in a large bowl. Press evenly into the bottom and up the sides of the prepared pan. Bake the crust until golden brown, 10 to 15 minutes. Let cool completely on a wire rack.
3. **To prepare filling:** Puree mango in a food processor until smooth. Strain through a fine-mesh sieve to remove any fibrous bits. Return the puree to the food processor and add yogurt, cream cheese, honey, lime zest and juice, cardamom and salt. Puree until very smooth. Scrape the filling into the cooled crust.
4. Freeze the pie until firm, about 12 hours. Once frozen, loosely cover with plastic wrap and freeze for up to 5 days.
5. To serve, let the pie stand at room temperature for about 30 minutes before slicing. Garnish with diced fresh mango and/or lime zest, if desired.

SERVES 8: 1 slice each

CAL 296 / **FAT** 13G (SAT 7G) / **CHOL** 31MG / **CARBS** 42G / **TOTAL SUGARS** 32G (ADDED 21G) / **PROTEIN** 6G / **FIBER** 2G / **SODIUM** 293MG / **POTASSIUM** 172MG.

Apricot-Raspberry Polenta Crisp

ACTIVE: 30 min TOTAL: 1 hr 20 min

Skip extra-virgin and reach for a bottle labeled simply "olive oil" when baking—its milder flavor is better for baked goods.
(Photo: page 81.)

TOPPING

- ½ cup fine- to medium-grind polenta or cornmeal
- ½ cup white whole-wheat flour
- ¼ cup granulated sugar
- ½ teaspoon kosher salt
- 4 tablespoons cold unsalted butter, cut into cubes
- ½ teaspoon lemon zest
- 2 tablespoons olive oil (not extra-virgin)

FILLING

- 5 tablespoons granulated sugar
- 1 teaspoon lemon zest
- 3 tablespoons all-purpose flour
- Pinch of kosher salt
- 1½ pounds fresh apricots, cut into quarters (about 4½ cups)
- 3 cups fresh raspberries

1. Preheat oven to 375°F. Coat an 8-inch glass or ceramic baking dish with cooking spray.

2. To prepare topping: Combine polenta (or cornmeal), whole-wheat flour, ¼ cup sugar and ½ teaspoon salt in a medium bowl. Work in butter and ½ teaspoon lemon zest with your fingers until well combined. Stir in oil.

3. To prepare filling: Combine sugar and zest in a large bowl. Rub the zest into the sugar with your fingers. Stir in flour and salt. Add apricots and raspberries and gently stir to combine. Scrape into the prepared baking dish. Sprinkle the topping evenly over the fruit.

4. Bake the crisp until golden brown in spots and the juices are bubbling, 35 to 40 minutes. Serve warm.

SERVES 8: ½ cup each

CAL 261 / FAT 10G (SAT 4G) / CHOL 15MG / CARBS 42G / TOTAL SUGARS 23G (ADDED 14G) / PROTEIN 4G / FIBER 6G / SODIUM 140MG / POTASSIUM 290MG.

Strawberry Rosé Granita

ACTIVE: 15 min TOTAL: 12¼ hrs (including 12 hrs freezing time)

TO MAKE AHEAD: Freeze for up to 1 week. Scrape into crystals again, if necessary, before serving.

EQUIPMENT: 8-inch-square metal pan

Sweet strawberries and crisp rosé are a delicious match in this granita. No special equipment necessary—just freeze and scrape with a fork.

- 1 pound hulled strawberries, plus more for serving
- ¾ cup dry rosé

- 3 tablespoons granulated sugar
- Pinch of salt

1. Combine strawberries, rosé, sugar and salt in a blender or food processor. Blend until smooth. Pour the mixture into an 8-inch-square metal pan and cover with plastic wrap.

2. Place the pan on a level spot in the freezer and freeze for at least 12 hours and up to 1 day.

3. To serve, scrape the surface with a fork to break up into slushy crystals. Serve in chilled glasses with strawberries, if desired.

SERVES 8: ½ cup each

CAL 59 / FAT 0G (SAT 0G) / CHOL 0MG / CARBS 11G / TOTAL SUGARS 9G (ADDED 5G) / PROTEIN 1G / FIBER 1G / SODIUM 20MG / POTASSIUM 127MG.

Freeze Frame

YOSSY CAUTIONS AGAINST INCREASING THE AMOUNT OF WINE IN THIS SPIKED GRANITA—TOO MUCH ALCOHOL WILL PREVENT IT FROM FREEZING.



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Feed

Turns out what you eat and what you don't may have a huge impact on your mind. Scientists are now discovering that it's never too early to make smarter choices to stay sharp as a tack.

By M. I. LaVernier Moyer

Your

Head

usan Avery seemed more at home in the supermarket than a box of cereal. Wielding a coffee in one hand and a menu she printed at home in the other, she rolled her shopping cart over to the bakery, hunting for the perfect whole-grain loaf. She spotted a man wearing a black Wegmans cap and solicited his help. "Sir? Can you tell me—Chet? Do you have any other than just this one whole-wheat?"

Avery was being picky because she's on a diet. Not a diet to lose weight, but a diet to nourish her brain. As a professor at Ithaca College in New York, Avery, 62, is especially keen to keep her mind sharp, yet recently she has had trouble remembering words. In the grocery store a few moments later, I watched as she fumbled to recall that the large packages of beans she likes are called family packs. Avery's aunt suffered from Alzheimer's disease, the devastating condition that currently afflicts 5.4 million Americans, robbing them of their memory and cognition. Avery wants to avoid that fate. Right now, Alzheimer's has no cure: doctors have run more than 500 clinical trials on potential drugs, but none has prevented the disease or significantly slowed its course. And the Centers for Disease Control and Prevention estimates that by 2050, 14 million Americans will suffer from it.

So when Avery came across the *U.S. News & World Report* diet rankings last summer and discovered that the No. 2 Best Overall Diet, the MIND diet, was supposed to be especially good for the brain, she decided to give it a shot. "It just made sense to me," says Avery, whose low voice and deadpan delivery remind me a bit of Tyne Daly from TV's *Cagney & Lacey*. She's been following the diet ever since. She invited me to join her that day to introduce me to the diet.

I'm 38 and my grandmother had Alzheimer's. She died when I was young, but I recall that my grandfather became her full-time caregiver. By the end, Alzheimer's patients like my grandmother lose not only their memory, but also their ability to care for themselves. So there I was with Avery—watching her pile multigrain bread, wild-caught salmon, spinach, broccoli, squash and mushrooms into her shopping cart. My mission: to understand more about how the MIND diet feeds her brain.

Some might call Avery crazy for thinking that a diet could stave off Alzheimer's. A large part of the medical community scoffs at the idea that something as simple as diet could fend off this debilitating disease. But a growing body of research stands in the face of popular opinion. Much of this research comes from the lab of Martha Clare Morris, Sc.D., a nutritional epidemiologist at Rush University Medical Center in Chicago. She's spent decades researching how food influences cognition and used her discoveries to create the MIND diet. MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. It is based on the Mediterranean diet and the DASH diet (Dietary Approaches to Stop Hypertension), but it focuses on foods that have been specifically shown to boost brain health. Morris has found that people who eat more of certain foods—red meat, sweets, saturated fats—are more likely to develop Alzheimer's, while people who load up on berries, fish, whole grains, nuts, beans, olive oil and—perhaps most important—leafy green vegetables, such as spinach, kale and broccoli, tend to stay healthy. In two studies published in 2015, Morris and her colleagues reported that older adults who closely follow this eating pattern are less likely to develop Alzheimer's disease, plus they score better on cognitive tests than those who don't.

Yet Morris says the MIND diet is not just for older people. Alzheimer's disease can take decades to develop—a 2013 study reported that the signature amyloid plaques begin to accumulate in the brain 20 years—two decades—before symptoms start. Even people who are not destined to get Alzheimer's are still at risk for age-related cognitive decline, which can start to take root as early as age 30. We don't always know where our brains are headed, but what we eat throughout our lives may shape their final destination.

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Food for Thought

Morris has been investigating the idea of a brain-focused diet for decades. After she earned her doctorate in epidemiology at the Harvard School of Public Health and ran an important aging study in Iowa, Rush University Medical Center in Morris's hometown, Chicago, recruited her to lead a study teasing out the various lifestyle factors—including foods that might protect against Alzheimer's disease. "At the time, there was no nutrition research on neurodegenerative diseases like Alzheimer's, so I thought I had to study it," says Morris.

This was a monster of a study. "We sent a team of census takers to every house and apartment in three South Side Chicago communities," she explained to me one especially cold, snowy morning last December over a coffee (no cream or sugar). They ended

Good for Your Gut, Good for Your Brain

What you eat shapes the composition of your gut microbiome, the collection of bacteria that thrive in your intestines. These bacteria, in turn, can also influence your brain—and, emerging research suggests, perhaps even affect your risk for Alzheimer's. In a 2016 study published in *Scientific Reports*, European researchers raised mice that were genetically engineered to develop brain beta-amyloid plaques, similar to what happens in Alzheimer's. When the researchers compared the gut bacteria of these mice to that of healthy mice, they noticed substantial differences. Then they put some of the Alzheimer's-associated gut bacteria from the affected mice into the intestines of healthy mice. Suddenly, the healthy mice began accumulating beta-amyloid plaques too. Studies have also linked microbiome changes to other brain diseases, including Parkinson's, multiple sclerosis, Huntington's and ALS. As the researchers conclude, their findings support "the emerging view that microbiota contribute to the development of a wide range of neurological and neurodegenerative diseases."

STAY SHARP: WHAT TO SKIP

Martha Clare Morris, Sc.D., and her colleagues at Rush University Medical Center identified five foods linked to poor cognitive performance and an increased risk for Alzheimer's disease. These foods are likely bad for the brain for two reasons: Either they are rich in saturated fat, which can trigger inflammation and oxidative stress in your body, potentially damaging brain cells, or they are high in sugar. Eating sugar-laden foods interferes with insulin signaling, which is problematic because brain insulin plays an important role in learning and memory. Here's what to limit on the MIND diet.



Fried and fast food

Less than 1 serving a week

Many fried foods contain unhealthy levels of saturated fat, as do many fast foods.



Whole-fat cheese

Less than 1 serving per week

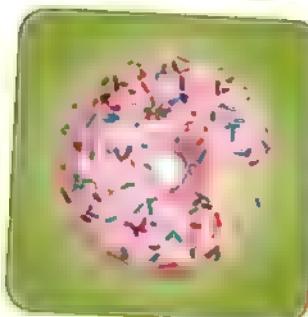
Cheese is high in saturated fat. Although you may have heard that processed cheese may harbor the metal aluminum and that could raise your dementia risk, more recently it's been debunked that trace amounts of aluminum from food boost Alzheimer's risk.



Butter / Margarine

Less than 1 tablespoon per day

Butter is rich in saturated fat, while margarine is made from vegetable oils, such as soybean oil, which deliver omega-6 fats. Eating too many omega-6s can increase inflammation.



Pastries and sweets

Fewer than 5 servings per week

These treats are often rich in sugar and saturated fat. Sugar can also activate your body's reward system, making you hungry for more.



STAY SHARP: WHAT TO EAT

Over decades of research, nutritional epidemiologist Martha Clare Morris, Sc.D., and her colleagues at Rush University Medical Center identified 10 key foods associated with better brain function and a lower risk of Alzheimer's disease. Each of these foods is rich in compounds that have been shown to protect and nourish the brain. Here's what to eat each week on the MIND diet.



Whole Grains

≥21 servings (3 per day)

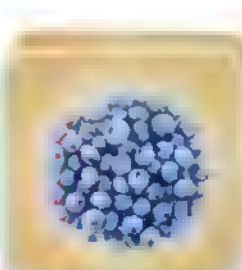
Brown rice, oats and other whole grains are high in magnesium, which helps brain cells use energy.



Leafy Greens

≥6 servings

Greens contain antioxidants including beta carotene and folate, and they are so rich in vitamin K, which is used to make brain cell membranes.



Berries

≥2 servings

Berries contain flavonoids, which strengthen connections between neurons, making it easier for them to communicate.



Nuts

≥5 servings

Almonds are high in vitamin E, an antioxidant that absorbs damaging free radicals surrounding brain cells, while walnuts contain anti-inflammatory omega-3 fats.



Beans

≥4 servings

Many beans, including chickpeas, navy beans and pinto beans, are rich in magnesium, which helps brain cells use energy.

up following nearly 4,000 healthy older adults for 20 years, interviewing them every three years to understand their lifestyle habits and giving some of them neurological tests. In another study she started in 1997—that's still ongoing—Morris and her colleagues track the lifestyle habits of nearly 1,000 adults in retirement homes and senior public housing complexes while also giving them regular neurological tests. These large epidemiological studies are among the best ways to gain insight into which dietary habits might influence health.

Over time, analyzing their own findings and those from other researchers, Morris and her colleagues teased out which foods seemed brain-healthy and which were not. They then created a list of 15 (10 "good" foods and 5 "bad") and analyzed the eating habits of their study participants with a focus on these foods. Eating good foods earned participants MIND points and eating bad foods detracted from their scores. Then, in a litmus test, they compared the diet scores to how well each participant did on neurological tests over time. The results were inspiring: people with the highest MIND scores were indeed less likely to develop Alzheimer's disease (53 percent less likely, in fact) than people with the lowest diet scores. And on cognitive tests, they performed as if they were 7½ years younger.

Historical examples back up Morris's findings linking nutrients to brain health. In the 1980s and '90s, researchers discovered that babies' brains grow most rapidly when flooded with an omega-3 fatty acid called DHA, and that human breast milk contains plenty of this nutrient. Doctors have long known, too, that the adult brain doesn't run properly without the right nutrients. Vitamin B₁₂ deficiencies cause memory loss and confusion; too little niacin gives rise to dementia and depression. Through food, we fuel all of our organs—we are what we eat, right?—and the brain is especially hungry, because it is constantly toiling.

Building the Case

Still, it's one thing to say that the brain requires certain nutrients and quite another to claim that nutrition can prevent a disease like Alzheimer's. After all, Alzheimer's has a strong genetic component: genetic mutations can directly incite early-onset cases that afflict people under 60. But what many might not know is that most of the time, a blend of genetic *and* lifestyle factors causes Alzheimer's. When Morris gave genetic tests to the individuals in her studies, she found that among those who had gene mutations known to increase Alzheimer's risk, the MIND diet was less protective, but it still made a difference.

And if you consider what happens to the brain when the disease takes hold, the ties to nutrition become clearer. Over time, the brain gets severely damaged by inflammation as well as by oxidative stress. These processes disrupt cell function and lead to the buildup of plaques and tangles. Once the cells become very injured, they die, and as the cell death spreads, Alzheimer's sets in.

The thing about inflammation and oxidative stress is that certain nutrients *can* potentially mitigate them, both in the brain and in the rest of the body. And some others, such as saturated fat and sugar, can ramp up the body's production of compounds that incite inflammation.

To better understand the connection between genes and lifestyle, I spoke with Trish Whitaker, a 66-year-old former schoolteacher living in Conway, Arkansas. "I'm from the South—from the land where they roll it in sugar and butter and then fry it," she explained to me in a soft Arkansas accent. Whitaker knows how strong the genetic connection to Alzheimer's can be. Both of her parents, as well as both of her sisters, developed the disease. But an October 2015 meeting with Richard Isaacson, M.D.—a neurologist who directs the Alzheimer's Prevention Clinic at Weill Cornell Medicine and New York-Presbyterian in Manhattan—inspired



Vegetables

≥7 servings (1 per day)

Veggies are full of vitamins, such as folate. In a 2012 study, women with Alzheimer's plaques and higher folate levels had fewer dementia symptoms.

Wine

≥7 servings (5 oz. a day)

It's still unclear why one serving of wine a day is good for the brain, but take note: more than one glass a day seems to do more damage than good.

Fish

≥1 serving

Oily fish are excellent sources of omega-3 fats, which reduce inflammation and are used to build the brain's solid matter.

Poultry

≥2 servings

Poultry is rich in choline, a B vitamin that is important for brain development and, according to a 2011 study, could protect against dementia.

Use as main oil

Olive oil is rich in oleocanthal, a compound that calms the inflammatory enzymes COX-1 and COX-2.

Whitaker to become much more careful about what she ate. It was Whitaker's daughter who discovered Isaacson. She came across his book, *The Alzheimer's Diet*, which has similar recommendations to Morris's on the types of foods that could stave off Alzheimer's—and encouraged her mom to read it. Whitaker was so intrigued she drove 1,300 miles to see Isaacson in person.

"Now my favorite is spinach sautéed in olive oil," Whitaker says. Research suggests this dish likely calms inflammation in her body and brain. Lab studies have shown that a compound in olive oil called oleocanthal behaves a lot like the anti-inflammatory drug ibuprofen, suppressing the activity of two well-known inflammatory enzymes in the body called COX-1 and COX-2. Extracts from spinach have been shown to tamp down those harmful enzymes too.

Oxidative stress is the other damaging process associated with Alzheimer's that can build up throughout the body and wreak havoc. All day our cells use nutrients to make energy, releasing tiny, powerful molecules (free radicals) as waste, causing damage to cells. But free radicals are neutralized by molecules called antioxidants. Foods like leafy greens and berries happen to be very rich in antioxidants, so when we eat them, we provide our bodies with greater means to reduce oxidative stress. One class of antioxidants called flavonoids, found in blueberries and strawberries, have been shown in animal studies to protect vulnerable neurons and help neurons regenerate. The antioxidant vitamin E (good sources include almonds, spinach and sunflower seeds) sits on the outer layer of brain cells "to snatch up free radical molecules right when they occur so that they can't harm the cell," Morris says.

There's an interesting story to tell about sugar when it comes to the brain too. In the 1980s, researchers discovered that insulin, the hormone made by the pancreas that regulates blood sugar levels, can cross the blood-brain barrier. Although brain insulin doesn't

have the same sugar-controlling job, it plays a role in learning and memory. These findings piqued the interest of Suzanne de la Monte, M.D., a neurosurgeon and pathologist at Brown University, who decided in 2005 to compare brain insulin levels in healthy people and those with Alzheimer's. She found that brain processes involving insulin are severely impaired in Alzheimer's, which led her to start calling Alzheimer's "Type 3 Diabetes." This, of course, implicates diets because a sugar-rich diet interferes with insulin signaling and sensitivity throughout the body. In fact, people with type 2 diabetes, a disease characterized by reduced insulin sensitivity, are more than twice as likely to develop Alzheimer's.

Playing Defense

Morris, Isaacson and de la Monte's work isn't the only research to have linked diet to brain health. Several studies have reported that the Mediterranean diet is associated with a lower risk of dementia too. In a study published in January 2017, researchers in the UK and Canada reported that people in their 70s who followed a Mediterranean-style diet lost less brain volume over a three-year period than people who did not. In a 2013 study, Spanish researchers put 522 middle-aged-to-older adults on either a Mediterranean diet or a low-fat diet for 6½ years. Subjects following the Mediterranean diet fared much better on cognitive tests at the end of the trial. And a review of 12 studies, published in 2013, concluded that greater adherence to the Mediterranean diet is associated with slower cognitive decline and lower risk of developing Alzheimer's disease.

You might think that the Alzheimer's and neurology scientific communities would be thrilled by this new bounty of research, finally, a potential way to reduce the toll of Alzheimer's. Mostly, though, they're still doubtful. "I get made fun of," Isaacson says. "One colleague called me the 'blueberry neurologist.'" Morris

tells a similar story: "The field of neurology is very skeptical that diet might influence diseases of the brain." When I reached out to the moderator of an Alzheimer's support group on Facebook, whose members include Alzheimer's patients and caregivers, hoping to post a question about diet, I was told not to bother: "Most members don't believe that diet will help."

Why is this idea so controversial? One problem is that many neurologists aren't trained in nutrition, so they don't consider it as potentially important in the development of brain diseases. "I got maybe four hours' worth of nutrition education in my neurology training," Isaacson says, which frustrated him so much he took the initiative to take additional nutrition coursework. And even when neurologists have heard that nutrition could play a role in dementia, they don't always know just how much research has accumulated to support the idea. When Isaacson gets

pushback from doctors who scoff at the idea, he replies with: "Guess what? There is evidence, and let's talk about it."

Certainly, the field could stand to have more clinical trials which are better at establishing cause-and-effect than the types of observational studies Morris has been conducting. Fortunately, Morris won a \$14.5 million grant in April 2016 from the National Institute on Aging to conduct the world's first MIND diet clinical trial, which will run in Chicago and Boston for three years. The trial will test whether following the MIND diet improves cognition among 600 overweight people who generally eat poorly. If Morris establishes evidence that the diet helps them, she can test whether it helps healthier people as well. She has also written a MIND diet book, to be published by Simon & Schuster, which describes the evidence supporting the MIND diet and features recipes designed by her daughter Laura, a chef. At Weill Cornell, Isaacson is monitoring how various dietary and lifestyle changes relate to future cognitive outcomes.

A Mindful Meal

When we arrived back at Susan Avery's house after grocery shopping, she took a bottle of chardonnay from the fridge. "It's 5 o'clock somewhere," she announced. (Really, it was 4:30.) The MIND diet recommends one glass of wine a day. Her husband, Doug, who follows MIND with her, was joining us for dinner. He admitted that he'd stopped for fast food on the way home from a lunchtime doctor's appointment. The good news, though, is that even just partially following the diet may have cognitive benefits. Morris's study found that people whose MIND diet scores were in the middle range—6.5 to 8.5 points out of a maximum of 15—were still 35 percent less likely to develop Alzheimer's compared with people with the lowest MIND diet scores.

Over our wine, Avery and I talked about how her life has changed on the MIND diet. She used to choose meals primarily on taste and convenience; pasta and red meat were staples. The MIND diet is more work for her in terms of meal planning and shopping—she has a Post-it note stuck to her car's glove compartment to remind her what to eat and what to avoid. And the food preparation involved is a change for her too. After 90 minutes of chopping, sautéing, roasting and baking, she brought dinner to the table.

The colorful feast—baked Dijon-glazed salmon, sautéed spinach with garlic, roasted vegetables and mushroom farro—was delicious and it felt good to eat a meal that was designed to fuel my brain. We may not yet know exactly how protective the MIND diet is, but with my family history of Alzheimer's and the harsh reality of no cure, I decided then and there that I, too, was going to make some changes—more berries and fish, less sugar and refined carbs. One thing Morris said to me in Chicago stuck with me: "The longer you have healthy lifestyle practices, the more long-term benefit you have."

Over dessert of baked pears, I asked Avery whether she has noticed any cognitive changes since starting the diet four months ago. "Maybe I am forgetting less now, but I think that's almost too simplistic," she says. She can't be sure if the food is truly making a difference or if her expectations are muddying her perspective. Whitaker, who made her dietary changes over a year ago, is more confident. She feels she hasn't had as many forgetful moments as she used to. "Before I went to Dr. Isaacson, anytime I would forget anything, I would say, 'Is Alzheimer's here? Is this the beginning?' I rarely ever say that anymore," she says. "If nothing else, making these changes has reduced my fear quite a bit. Maybe it's because it's given me a measure of control over my life. I am doing something. Every day, I'm doing things to keep my brain healthy." 🍌

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Strong Body, Strong Mind

BRAIN-BOOSTING FOODS MAY HELP KEEP YOUR MIND YOUNG, BUT OTHER LIFESTYLE CHOICES MIGHT MAKE A DIFFERENCE TOO

EXERCISE. Regular exercise could both reduce the risk of Alzheimer's in healthy adults and boost cognitive performance among people with minor memory loss. A 2014 review of 22 trials found that regular exercise, such as walking and tai chi, boosts cognition among adults with mild cognitive impairment. This could be because, as recent research suggests, physical activity sparks the growth of new neurons and blood vessels inside the brain and boosts brain blood flow. A 2011 study also found that among older adults, regular exercise increases the size of the hippocampus, the region of the brain responsible for memory that gets damaged early on in Alzheimer's.

KEEP YOUR BRAIN ENGAGED.

In a 2014 study, researchers discovered that people who had more than eight years of schooling were half as likely to be diagnosed with Alzheimer's as people who received less than that. These findings suggest that learning and mental stimulation build a kind of "cognitive reserve" that protects the brain in as yet unknown ways. Another large study found that the risk of Alzheimer's disease was 47 percent lower among adults who did mentally engaging things like read the newspaper, visit museums and attempt puzzles every day compared to people who did these kinds of activities once a year or less. Can't find time every day? Don't sweat it; even participants who did these activities more often than once a year, but not daily, lowered their risk of Alzheimer's.



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(OMEGA-6)

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(OMEGA-6)

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SMARTS FROM OUR TEST KITCHEN

morsels

No More Junk in the Trunk

Snacks, sports gear, towels, flip-flops... the car trunk can quickly become a heaping catchall for your summer stuff. Rein in the chaos with a stylish foldable trunk organizer from Picnic at Ascot. You can tuck a bag of groceries into one of the compartments, use the insulated cooler to keep sandwiches and drinks cold, or store the sunscreen, bug spray, baseball hats and dog treats all in one neat cubby. No more wondering what's rolling around back there after a quick turn. —Breana Lai, M.P.H., R.D.

DIVIDE &
CONQUER

With 10 compartments, this foldable trunk organizer from Picnic at Ascot keeps your car's back seat clutter-free. It's made of durable, water-resistant material and features a built-in cooler to keep your snacks and drinks cold. The organizer is easy to fold and store, making it a perfect addition to your car's trunk.



Just Chill

All wine, expensive or not, can benefit from proper storage. In a perfect world you have a cellar to store the extra bottles from your spree at the local wine sale. For the rest of us, a dedicated wine refrigerator is a great idea. Here's why: wine is compromised by temperature changes and humidity. Regular refrigerators suck out moisture to keep food fresh, which dries out corks and allows air to seep in—oxidizing the wine and causing flavor loss. The easy solution: store bottles on their sides to keep corks moist. That's fine, except temperature swings can make the corks expand and contract, which causes the same air-seeping-in result. So to make sure you're drinking well all summer long, here are tips for picking a wine fridge that's best for your home. *B.L.*

Single or Dual Zone

Red, white, rosé and sparkling wines each prefers to be served at a different temperature. Sommeliers recommend around 45°F for sparkling, 50°F for whites and rosés, and 60°F for reds. If you keep different types of wine stocked, opt for a fridge that can be programmed to multiple temperatures, like this freestanding Danby Designer 38-Bottle Wine Cooler, \$455.

Freestanding or Built-In

A freestanding unit is a more affordable choice, but if you're already going through a kitchen renovation, consider a built-in fridge such as the Sub-Zero 24-inch Undercounter Wine Storage, \$3,940.

Thermoelectric or Compressor

Energy-efficient and quiet, thermoelectric technology eliminates vibration, keeping sediment from mixing back into the wine. But thermoelectric fridges take longer to cool down, so if you're opening the fridge often, opt for a traditional compressor model. Koldfront 24 Bottle Thermoelectric Wine Cooler, \$240.

House Wines to Stock This Summer

BUBBLY

2016 Avinyó
Petillant, Spain (\$15)
Light effervescence,
low alcohol and
honeysuckle flavor.

WHITE

Sokol Blosser
Evolution Lucky
No. 9 White, Oregon
(\$25). Tropical flavors
with a crisp finish.

WHITE

2015 Donnafugata
SurSur Grillo,
Sicily (\$19). Tastes
of white peaches and
smells of wildflowers.

ROSE

2016 Domaine des
Triennes Rose,
France (\$15).
Elegant and
fascinating flavors.

RED

2015 Maison
L'Envoyé Straight
Shooter Pinot Noir,
Oregon (\$20). Dark
cherries, touch of oak.

RED

2014 Bonny Doon
"Clos du Gilroy"
Grenache, California
(\$16). A bold, rich red
for the Cab drinkers.

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Raise the Bar

HOT SNACK

Forget string cheese and beef jerky, there's a new protein-packed snack on the scene—plant-based Go Umami's Baked Tofu Bars from House Foods. With a smoky, rich flavor reminiscent of bacon, these marinated strips boast 5g of protein with only 60 calories and less than 180 mg of sodium. We tried all three flavors—Savory, Orange Teriyaki and Hickory Smoke. Consensus among meat- and non-meat-eaters: all delicious. *B.L.*



Winner Wieners By Julia Westbrook

SHOP SMART

From Memorial Day to Labor Day, hot dogs are a cookout staple. So if you're in charge of the shopping, here's what to keep in mind to pick franks that are reasonably healthy and tasty. The biggest stumbling block is sodium. We found several dogs with over 600 mg—and that's before the bun and condiments. Plus, know the terms on the package, as there's a whole host of confusing ones.

No Nitrates or Nitrites Added means that synthetic nitrates or nitrites aren't used to cure your hot dog, but instead natural nitrites, such as celery powder are added. (See Label Watch, right.)

No Byproducts signals that animal parts that Americans don't typically eat, like kidney, liver and heart are not present. Franks made with these parts must be labeled "with byproducts" or "with variety meats."

Natural indicates no artificial ingredients, added color or synthetic preservatives and minimal processing. Curing uses synthetic nitrates; only uncured hot dogs are "natural."

No Fillers signifies that nonmeat ingredients that hold the hot dog together and improve texture, such as tapioca starch, cornstarch and maltodextrin, aren't used.

Mechanically Separated Meat and Poultry is the remaining meat from the bones of animals after the primary cuts are processed. This is only used in pork, turkey and chicken products (never beef).

Our Favorite Franks:

- Applegate Naturals Natural Stadium Uncured Beef and Pork Hot Dogs
- ♥ Wellshire Premium All Natural Uncured Beef Franks
- ♥ Thumann's All Natural Chicken Franks
- ♥ Trader Joe's All Natural Uncured Beef Hot Dogs

LABEL WATCH

Nitrates/Nitrites

(aka sodium nitrate and nitrite, potassium nitrate and nitrite, celery juice and powder, beet and carrot juice)

FOUND IN Cured, uncured and smoked meat, poultry and fish products, including smoked salmon and deli meat

WHAT YOU NEED TO KNOW

These preservatives inhibit bacteria growth (specifically the bacteria that causes botulism). Man-made versions are listed as sodium or potassium nitrate or nitrite. Natural nitrate and nitrite additives—derived from vegetables—also appear on labels.

Both synthetic and natural nitrates and nitrites can form cancer-causing nitrosamines, particularly when exposed to the type of iron and amino acids in red meat. (Amino acids are the building blocks of protein.) Food prep matters, too: smoking and cooking meats at high temperatures can boost nitrosamines.

The good news: Manufacturers are adding antioxidants (like vitamin C) to nitrate-containing meats to inhibit nitrosamine formation. Additionally, nitrates aren't inherently unhealthy: more than 70 percent of the nitrates we eat come naturally from vegetables. Bacteria convert nitrates to nitrites, precursors of nitric oxide, which is crucial for cardiovascular functions, such as dilating blood vessels and increasing blood oxygen uptake.

BOTTOM LINE Nitrates are essential to the body—but consider the source. Although some cured meats contain antioxidants, go easy on all types of nitrate-processed red meats, especially if they're charred or smoked.

—Anne Treadwell



Numbers to Look For

Amount Per Serving (about 50 g)

Sodium	≤ 370 mg
Calories	≤ 170

*For jumbo hot dogs (serving size ≥75 g), aim for under 555 mg sodium and under 225 cal.





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RECIPE

Lemon Salmon Filet *Serves 4*

- One 2 lb. salmon filet
- 1/4 cup olive oil + 1 tsp.
- 1 lemon, sliced
- 1 lemon, juiced
- 1 sprig of dill (for garnishing)

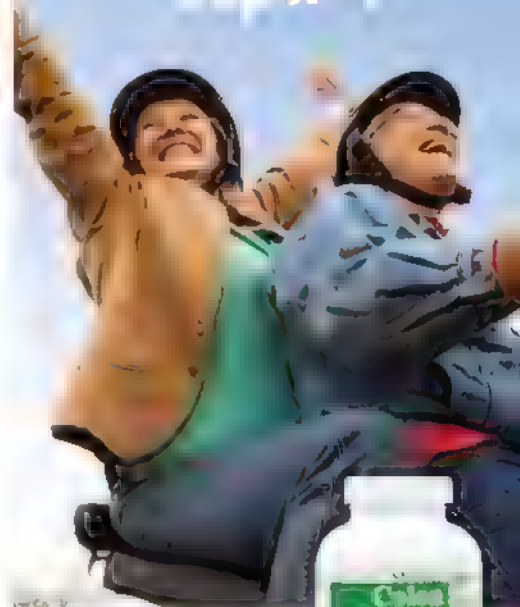
Preheat the oven to 425°. Coat the salmon with olive oil and season liberally with salt and pepper and 1/2 of the lemon juice. Place the salmon on roasting pan lined with If You Care Parchment Baking Paper and top with lemon slices. Roast for 45 minutes. When the salmon is done, transfer to a platter and top with the dill, and remaining lemon slices and lemon juice.

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❶ Cut off the stem. ❷ Turn head upside down and, holding the knife at a 45-degree angle, slice around the stem to remove the core from center of head. ❸ Cut the head into large florets. ❹ Cut or slice florets to desired sizes.



WHOLE-GRAIN COOKING GUIDE

- 1 Bring grain and water (or broth) to a boil in a medium saucepan.
- 2 Reduce heat to maintain a gentle simmer; cover with a tight-fitting lid.
- 3 Follow cook time, draining any extra liquid if necessary.

Follow the steps using the amounts and cooking times below to yield 3 cups cooked grains for our Grain Salads (page 20).

	Grain	Liquid	Cook Time
Millet	3/4 cup	2 cups	20 to 25 min; let stand, covered, for 10 min.
Quinoa	1 cup	2 cups	15 to 20 min; let stand, covered, for 10 min
Sorghum*	1 1/4 cups	3 3/4 cups	50 to 60 min; let stand, covered, for 10 min; drain.
Wheat Berries*	1 1/2 cups	5 cups	50 to 60 min; drain.
Wild Rice	1 1/4 cups	5 cups	45 to 55 min; drain.

*Sort to remove any stones; rinse well.

"How often should I sharpen my kitchen knives?" —S. Schubart

Ask Stacy



Sharp knives slice, dice and chop with ease, which is both safer and saves time.

You need to use more force with a dull knife, which causes accidents in a hurry. (Ouch!)

How regularly you should sharpen your knives depends on use. If you cook several meals a day, you'll need to sharpen every 2 to 4 weeks. If you're cooking just a couple times a week, every 4 to 6 months should do the trick.

To test if a knife needs sharpening, slice into a tomato. If the knife cuts through the tomato easily, it's plenty sharp. If not, here are three sharpening options:

Electric sharpener: This plug-in appliance has multiple sharpening slots to draw your knife through to restore the sharp edge. They're a bit of an initial investment and you have to learn how to use it, but it will last for years and can restore even super-dull knives.

Manual sharpener: Hand-held and countertop models also have slots to draw a knife through, but don't sharpen as precisely as an electric model. They need elbow grease to work and you'll probably need to sharpen more frequently. The plus side: they're very affordable and so easy to use that they're practically impossible to mess up.

Sharpening service: Professional sharpeners have better tools and skills than most DIY-ers and charge about \$5 to \$10 a knife. Find one at a kitchen or hardware store.

And, by the way, the metal rod found in most knife sets—aka sharpening steel—can't actually sharpen a knife. It hones and re-aligns the blade to make a bent blade straight. So, the knife is better at slicing, but not truly sharpened. **Stacy Fraser**

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recipe index

NUTRITION ANALYSIS

recipe index	NUTRITION ANALYSIS														DAILY VALUE (20%+)				
	45 MIN OR LESS	CALORIES	CARBS (g)	ADDED SUGARS (g)	PROTEIN (g)	FIBER (g)	SODIUM (mg)	POTASSIUM (mg)	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN	CALCIUM (%)	FOLATE (%)	IRON (%)	VITAMIN A (%)	VITAMIN B ₁₂ (%)	VITAMIN C (%)
BREAKFAST																			
34 Berry-Kefir Smoothie	■	304	53	0	15	9	25	437	■	■	■	■	■	37					54
37 Strawberry-Ricotta Waffle Sandwich	■	318	43	10	12	8	400	360			■		■	20					82
SALADS																			
61 Fennel & Zucchini Salad with Watercress, Mint & Feta	■	156	10	0	6	4	282	493	■		■		■				34		66
61 Greek-Style Spinach Salad		147	8	0	4	3	325	479	■		■		■		40		112		32
78 Vidalia Onion & Cucumber Salad	■	12	3	0	1	1	184	102	■	■	■	■	■						
SIDES & SOUPS																			
78 Buttermilk Cornbread with Vidalia Onions		134	19	0	4	2	334	153	■		■		■						
61 Charred Broccoli with Almonds & Cherries	■	250	19	8	6	4	285	502	■				■		22		76		181
34 Cucumber Sandwich	■	125	17	0	7	3	131	51		■	■		■						
56 Grilled Corn & Carrot Giardiniera		51	11	2	1	2	314	271			■	■	■				126		
61 Grilled Green Beans with Watermelon-Radish Salsa	■	122	13	0	3	4	305	353	■			■	■				21		45
78 Herb-Roasted Vidalia Onions	■	82	11	0	2	2	168	180				■	■						
61 José Andrés's Gazpacho		162	8	0	2	2	300	430	■			■	■				27		57
67 Seaweed Soup		110	5	0	11	1	497	424	■		■		■						
24 Snap Pea & Cherry Tomato Stir-Fry	■	127	11	0	4	3	347	386			■	■	■				31		103
VEGETARIAN MAIN DISHES																			
21 Black Bean, Mango & Kale Wheat Berry Salad	■	387	47	0	12	10	342	316		■	■	■	■						35
21 Broccoli, Edamame & Cabbage Millet Salad	■	306	32	0	10	5	307	466	■	■	■	■	■		49				54
10 Chipotle-Lime Cauliflower Tacos	■	288	48	4	12	11	613	662	■		■		■						64
75 Steven Satterfield's Grilled Vidalia Onion, Peach & Arugula Salad	■	318	21	1	8	4	433	457	■				■				28		34
68 Sweet Potato Noodles with Tofu & Vegetables (Japchae)		507	67	9	13	4	658	486			■		■	23		28	90		68
34 Tempeh "Chicken" Salad	■	375	29	1	26	4	648	1098				■	■	22	45	30	77		52
21 Tofu, Snow Pea & Carrot Wild Rice Salad	■	279	25	1	11	3	474	223		■	■	■	■				77		27
76 Vidalia Onion Tart		301	32	0	7	3	475	235			■		■						
CHICKEN																			
14 Chicken & Sun-Dried Tomato Orzo	■	456	54	0	36	10	377	785		■	■				35	22			
21 Chicken, Fennel & Grape Quinoa Salad	■	347	30	0	18	4	336	563	■	■	■								
22 Grilled Chicken with Cucumber-Radish Salsa	■	193	2	0	23	1	353	275	■	■	■								
68 Korean Chicken Skewers		329	14	4	25	3	686	418			■								
FISH & SEAFOOD																			
32 Coconut-Curry Mussels	■	311	17	0	23	2	491	469	■		■				20	35		340	38
68 Mushroom & Shrimp Pancakes (Pajeon)	■	319	47	0	15	6	502	950			■				27	22			
67 Pan-Fried Cod with Green Chile-Tamari Sauce	■	268	12	10	20	0	770	302	■		■							38	
21 Shrimp, Zucchini & Tomato Sorghum Salad	■	327	30	0	18	4	374	488	■	■	■								
BEEF & PORK																			
16 Antipasto Salad	■	324	22	0	13	7	581	717	■		■			20	42		44		34
12 Blackberry BBQ Pork Chops with Collards & Corn	■	408	34	5	31	8	517	887	■		■			31	49		119		87
26 Hibachi Steak Salad	■	375	13	2	25	3	581	598			■				50		64	21	79
67 Korean BBQ Short Ribs (Galbi)		514	45	4	32	5	621	495			■					32	31	49	
34 Pastrami-Spiced Beef with Sauerkraut-Broccoli Slaw	■	429	42	3	30	7	579	1108	■	■	■						31	36	185
30 Pita Chip Nachos	■	420	26	1	31	3	710	630			■				24	31	54	44	20
73 Pulled Pork Tenderloin with Vidalia Onion BBQ Sauce		223	25	12	24	2	492	705	■		■								
SAUCES																			
68 Ssamjang Dipping Sauce	■	41	5	1	1	1	300	5			■	■	■						
73 Vidalia Onion BBQ Sauce		41	10	6	0	0	216	95	■		■								
DESSERTS																			
84 Apricot-Raspberry Polenta Crisp		261	42	14	4	6	140	290					■				34		34
82 Apricot-Strawberry Buckwheat Shortcakes		301	33	8	5	3	297	284					■				33		
83 Mango Lassi Pie		296	42	21	6	2	293	172					■						36
34 Quick Strawberry "Cheesecake"	■	132	18	8	12	1	86	175		■	■		■						
84 Strawberry Rosé Granita	■	59	11	5	1	1	20	127	■	■	■	■	■						71

KEY TO RECIPE & NUTRITION INDEX

HOW WE TEST RECIPES

Each of our recipes is tested in the *EatingWell* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.
- "Active" time includes prep time (the time it takes to chop, dice, puree, mix, combine, etc. before cooking begins), but it also includes the time spent tending something on the stovetop, in the oven or on the grill—and getting it to the table. If you can't walk away from it, we consider it active minutes.
- "Total" includes both active and inactive minutes and indicates the entire amount of time required for each recipe, start to finish.
- "To Make Ahead" gives storage instructions to help you plan. If particular "Equipment" is needed, we tell you that at the top of the recipe too.

HOW WE ANALYZE RECIPES

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total & saturated (sat) fat, cholesterol, carbohydrate, total & added sugars, protein, fiber, vitamins and minerals, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. The complete analysis appears with each recipe or on eatingwell.com; some nutrients are highlighted here.
- Garnishes and optional ingredients are not included in analyses.
- To help people eat in accordance with the USDA's Dietary Guidelines for Americans, *EatingWell*'s suggested portions generally are based upon standard serving sizes. For example, suggested servings for meat, poultry and fish are generally 3 to 4 ounces, cooked. A recommended portion of a starch-based side dish, such as rice or potatoes, is generally 1/2 cup. Vegetable side dishes are a minimum of 1/2 cup.

KEY TO COLUMN LABELS

45 MIN OR LESS: A recipe's start-to-finish time is 45 minutes or less.

GLUTEN-FREE: Does not include wheat, rye or barley. Check the labels of ingredients, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

HEART-HEALTHY: Recipes have limited saturated fat and sodium. Entrees have ≤2 grams saturated fat (seafood entrees have ≤4 grams) and ≤360 milligrams sodium per serving; combination meals have ≤4 grams (seafood ≤6 grams) and ≤600 milligrams sodium per serving. Side dishes, muffins, breads, appetizers and desserts have ≤2 grams saturated fat and ≤240 milligrams sodium per serving; dips and salsas and sauces have ≤1 gram saturated fat and ≤140 milligrams sodium per serving; salad dressings have ≤2 grams saturated fat and ≤140 milligrams sodium per serving.

LOW-CAL: Entrees have ≤375 calories per serving; combination meals have ≤575 calories. Side dishes, muffins, breads and appetizers have ≤200 calories per serving; desserts have ≤225 calories per serving; dips and salsas, sauces and salad dressings have ≤75 calories per serving.

VEGETARIAN: Meatless or includes meatless options.

VEGAN: No animal products. Check the labels of ingredients, such as chocolate, to make sure they don't contain hidden sources of animal products.

% DAILY VALUE: When a recipe provides 20% or more of the Daily Value (DV) of a nutrient, it is listed. These values are FDA benchmarks for adults eating 2,000 calories a day.

FOR MORE INFO ON OUR NUTRITIONAL ANALYSES: eatingwell.com/go/guidelines

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Princess Ann and Davion, pictured here with Susan Moores, participate in Roots for the Home Team by way of the group Appetite for Change in North Minneapolis.



A Healthy Home Run

Susan Moores helps young people look at food—and their lives—in a fresh new way. By Julie Kendrick

WHO SHE IS

"When you're a lifelong Cubs fan, you have to be an optimist," Susan Moores says. A Chicago native, she always felt renewed and refreshed after a day at Wrigley Field. After becoming a registered dietitian, she moved to the Twin Cities, where she focused on finding ways to help young people think positively about nutritious eating. When she heard the Minnesota Twins were moving to a new outdoor stadium, she wondered: Could she combine meaningful work for young people with introducing a fresh food option to sports fans who might be hungry for something beyond traditional ballpark fare?

WHAT SHE DID

Moores reached out to youth-centered urban agricultural programs, gauging their interest in selling salads that she would help them create from their harvests. She brought a salad to a lunch meeting with the Twins community fund manager, spinning a story of Roots for the Home Team. This new organization would pair young gardeners with chefs to develop salad recipes that they would then create and sell at games. The Twins said yes, and Roots was launched in 2012, eventually expanding to include carts at University of Minnesota football games and local markets as well.

WHY IT'S COOL

Last year, the kids grew nearly 500 pounds of organic vegetables and sold almost 1,600 salads at 18 Twins games. They work on everything from vegetable harvest and recipe creation to selling the salads to hungry sports fans. "Working at the cart, they have an opportunity to tell the story behind their salads, and they begin to see themselves as entrepreneurs and community catalysts," Moores says. "These young people deserve the chance to dream big." Fifteen-year-old participant Yeng Lee says: "Walking out of Target Field, it feels really great to know that you have more potential than before you walked in."

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